

SPECIAL EMPHASIS

The University of Miami's coaching staff condemns any act by a player to deliberately injure an opponent or teammate during a game or practice. The techniques taught to you by the coaching staff are designed to minimize the risk of injury to you and to your opponents.

The protective equipment you wear is the finest available and should not be abused by you. It is for your protection and should not be used in any manner as a weapon against an opponent or teammate. Of particular importance is the football helmet. When used properly, it protects you. When used improperly, it can become a dangerous weapon to you and to your opponent. The helmet should never be used to strike or hurt an opponent.

The following are some specific rules relating to the conduct and safety of our game. It is important for you to know these rules and adhere strictly to them. Unethical conduct and acts of unsportsmanship, whether within 'the rules or not, will not be tolerated by the coaching staff. Play the game hard, with enthusiam and with intensity, but play it within the spirit and letter of these rules. Win with character.

RULE: No person shall strike an opponent with his fist, or deliver a blow with extended forearm, elbow, or kick or knee an opponent during the game or between periods.

RULE: No player shall meet an opponent with the knee or strike an opponent's head, neck or face with an extended forearm, elbow, palm or the heel, back or side of the open hand during the game or between periods.

RULE: There shall be no piling on, falling on, or throwing the body on an opponent after the ball becomes dead.

PENALTY: 15 Yards and possible disqualification.

RULES AND GENERAL POLICY

The following general rules are for your benefit. Since it is impossible to cover every point of eventuality in a statement of team policy such as this, you are expected to conduct yourself at all times in a manner that will reflect credit upon you, your teammates, the football program, and The University of Miami.

1. General:

- a. Work to improve language. Eliminate swearing, obscene words.
- b. Treat service, personnel with respect. Make their job a pleasant experience.
- c. Girlfriends and wives are not permitted in room, fall camp, pre-game or training room.

2. Dressing Room:

- a. Tardiness because of equipment is never tolerated. Get there early. Helmets and refitting problems after practice, not before the ensuing drill.
- b. Do not cut or alter equipment. Don't demand equipment. Take problems to Equipment Manager.
- c. Lock valuables up before leaving locker vicinity.

3. Practice:

- a. Every player will wear prescribed uniforms. Game included.
- b. Helmet will be worn at all times when on field. Never sit on your helmet.
- c. We will run when changing locations. Never walk on the field.

4. Inuries, Treatment and Training Room Policy:

- a. Injured and not able to dress in full gear, you will nevertheless be required to attend practice and observe your group. Trainer will determine uniform for injured players.
- b. For proper care, prevention, and treatment of an injury, be honest both with the coaches and trainer. Tell and present the same story to both parties.
- c. Report every injury regardless of how small.
- d. We will provide, at no expense to you, the best available professional medical services. However, if you wish the care of your own personal physician, you bear the expense and schedule appointment on your time.
- e. Treatment is considered the same as practice required. Record treatment.
- f. If unable to play because of injury, you will not be permitted to travel or dress with team.
- g. All injured players must receive treatment every day when not in class. Injured players must all report Sunday afternoons at the prescribed times.

TRAINING ROOM INFORMATION AND GUIDELINES

A. REPORTING AN INJURY OR ILLNESS

- 1. If you have ANY INJURY OR ILLNESS, you MUST see a staff athletic trainer BEFORE 8:00 AM. If you do not see an athletic trainer, you WILL be considered HEALTHY and WILL PRACTICE. If you have a class at this time, report BEFORE your class.
- Take care of any injury or illness <u>EARLY</u> to avoid a problem that may RESTRICT your academics and football participation.
- 3. If you are sick or any problem occurs during the night, call an athletic trainer at home: Andy Clary; 595-9521, Al Shuford; 665-1025, Molly Kepner; 665-0124, Drew Moffitt; 263-9893.
- 4. If a referral is needed for you to see a physician, the ATHLETIC TRAINER WILL MAKE the ARRANGEMENTS. FAILURE to follow this procedure, the ATHLETE WILL BE RESPONSIBLE for the BILL. If you CANNOT keep the doctor's APPOINTMENT or any appointment with the Athletic Trainer, PLEASE CALL the TRAINING ROOM; (284-4131).
- 5. In an EMERGENCY or LIFE THREATENING SITUATION, call Rescue Squad (911) and ask to be taken to DOCTORS' HOSPITAL (666-2111). Contact an Athletic Trainer at HOME. If unable to contact an Athletic Trainer ask for Dr. John Uribe at the emergency room. An Athletic Trainer MUST BE NOTIFIED within 24 hours.

B. TREATMENT OF INJURIES

- Treatment will be given from 8:00 am to 1:30 pm and after practice ONLY.
- 2. If you are injured, you are <u>REOUIRED</u> <u>AT LEAST THREE TREATMENTS</u> a day. Morning, Pre & Post Practice. Treatments are as important as any workout.
- 3. Shorts MUST be worn in the Training Room at ALL TIMES.

C. TRAINING ROOM SCHEDULE:

The following schedule will be in effect during the Fall semester and during Spring football:

Hours: 7:00 AM - 8:00 PM

Treatments: 7:00 AM - 8:00 AM NEW INJURIES/ILLNESS

8:00 AM -12:00 NOON TREATMENT AND REHAB 1:00 PM - 2:30 PM PRE-PRACTICE PREPARATION

ALL PLAYERS MUST BE TAPED

3:30 PM - 7:00 PM TREATMENTS

7:00 PM TREATMENTS BY APPOINTMENT

THE KEY TO AN ATHLETE'S RETURN TO COMPETITION IS HIS DESIRE AND CONSISTANCY TOWARD HIS TREATMENT REGIMEN.

NOCSAE FOOTBALL HELMET WARNING STATEMENT

Adopted by the

National Operating Committee on Standards for Athletic Equipment
Board of Directors

January 5, 1980

Do not use this helmet to butt, ram or spear an opposing player. This is in violation of the football rules, and such use can result in severe head or neck injury, paralysis or death to you and possible injury to your opponent. No helmet can prevent all head or neck injuries that a player might receive while participating in football.

PLAYERS

Inspect your particular style of helmet prior to each usage. NEVER WEAR A DAMAGED HELMET.

SUSPENSION STYLE

Check hardware; i.e., screws or rivets that may be loose/missing.

Check webbing for tears in threads, stretching or pulling away at rivet locations.

If crown webbing is adjustable, check that crown rope is properly adjusted and is tied tightly using a square knot.

Check interior padding for proper placement and good conditions.

PADDED STYLE

Foam/Air/Liquid
Check foam padding for proper
placement and signs of deterioration.

Check for cracks in vinyl/rubber covering in air, foam, liquid padded helmets.

Verify that protective system or foam padding has not been altered or removed.

Check all rivets, screws, velcro and snaps to assure they are properly fastened and holding protective parts.

If any of the above inspections indicate a need for repair and/or replacement, notify the proper authority. THIS IS YOUR RESPONSIBILITY.



A GREAT MENACE - GAMBLING

As a player, it is your responsibility to make certain you are fully aware of the consequences of associating with gamblers, betting on games, and not reporting offers of bribes.

You must be careful about giving out information on the team to those you do not know. If you are confronted by any of the above irregularities, you must report the incident immediately to the Head Football Coach.

GAMBLING ALWAYS IS A GRAVE MENACE TO SPORTS. YOU, AS PLAYERS, SHOULD BE CAREFUL OF YOUR ASSOCIATES. IT CAN HAPPEN HERE.

MANY MILLIONS ARE BET ON COLLEGE GAMES EACH WEEK.

THERE ALWAYS WILL BE SOMEONE TRYING TO CREATE A SURE
THING. BEWARE OF THEM.



PROFESSIONALISM

Any student who contracts or who has ever contracted orally or in writing to be represented by an agent in the marketing of his athletic ability or reputation in a sport no longer shall be eligible for intercollegiate athletics in that sport. An agency contract not specifically limited in writing to a particular sport or particular sports shall be deemed applicable to all sports. Securing advice from a lawyer concerning a proposed professional sports contract shall not be considered contracting for representation by an agent under this rule, unless the lawyer also represents the student-athlete in negotiations for such a contract. Any individual, agency or organization representing a prospective student-athlete for compensation in placing the prospect in a collegiate institution as a recipient of athletically related financial aid shall be considered an agent or organization marketing the athletic ability or reputation of the individual.

(Revised: 8/1/74, 1/17/76) (Case Nos. 2, 25, 26)

WHAT MAKES A SUCCESSFUL TEAM DEFENSE

- Each individual must believe in our defense. Each individual must have confidence in himself - "I, personally, will not let the ball over the goal line!"
- 2. On every offensive play or pass, eleven defensive men have an assignment to carry out. If one man fails, all eleven fail.
- 3. Pursuit and gang tackling are the two most important parts of our team defense.
 - a. It is difficult for the ball carrier to get loose when 5 or 6 players are trying to get a piece of him.
 - b. Demoralize the ball carrier.
- 4. Aggressiveness must be developed and maintained. Anyone can play; defense is reaction, movement and hitting.
- 5. We must STOP the THIRD DOWN play.
- 6. We stop all teams inside our 10. They shall not score!
- Overall team speed, quickness and lateral movement must receive top priority.
- 8. Each defense has its strengths and weaknesses KNOW THEM!
- 9. When a <u>SUDDEN CHANGE</u> or <u>HURRY HURRY</u> situation occurs, we must mentally arise to the occasion.

· THE KEYS

- 1. MAKE THINGS HAPPEN.
- 2. TAKE CHARGE OF THE SUDDEN CHANGE AND HURRY-HURRY.
- 3. NEVER ALLOW THE BIG PLAY AGAINST US.
- 4. MAKE THE GAME BREAKER.
- 5. PROPER KICK-OFF COVERAGE.
- 6. NO MISTAKES ON PUNT RETURN.
- 7. TEAM UNITY.
- 8. PRIDE AND POISE.

SUDDEN CHANGE SITUATIONS

SUDDEN CHANGE is the real test of a great defensive iteam. The score is 7-7 in the fourth quarter and we have just stopped our opponents on our own 28 yard line. We have just sat down on the bench; we feel good and relieved. We have just stopped them after a long drive. We can sure use the rest. As our offensive team starts to drive the ball out from the 28 yard line, a fumble on the first play occurs and our opponent has the ball on our 24 yard line! This is a sudden change situation.

THE SUDDEN CHANGE IS OURS!!! We can do an excellent job in this area if we are mentally ready for it!!!

WHAT YOU MUST DO!

- 1. Always huddle up before you go back into the game.
- 2. Gain control of your thoughts and get yourself ready to play defense again.
- 3. Realize that you must get yourself and your team up mentally.
- 4. Go all out to make the big play yourself.
- 5. Now is the test of our defense. Accept the challenge.
- 6. When we stop them now, we will have an even greater psychological advantage.

6. OPPONENT'S OFFENSE

- A. HUDDLE Know where their people line up in their huddle (to determine strength quickly). You should always be aware of a no-huddle play when the opponent is behind and time is running out.
- 8. ALIGNMENT Know if they run from pre-shift formation. Know if they like to go on a quick or long count and in what situation do they do this. Know if they take unusually large line splits. This may encourage certain dogs if the splits are above average.

7. SPECIAL SITUATIONS

- A. Know who the opponent calls on in the clutch.
- B. Know how the change of quarterback affects the game.
- C. Be aware of a play being run at our new substitute after an injury . to one of our own men.
- D. Watch for the home-run play after we have lost the ball on a sudden change.
- E. Every time the opponent puts in a substitute, be sure to recognize his number and position. This could constitute a change in our defense.
- F. Be aware of our substitution and who is in the game for us.

THE WINNING EDGE

1. CRITICAL SITUATIONS:

Third down is the BIG DOWN.

1st & 2nd down - Offense trying to set up a 3rd and short.
Defense trying to set up a 3rd and long.

Third down means great and intelligent effort. When the defense is behind 2nd & 5, for example, someone must make the <u>BIG PLAY</u>.

Talk them out of screen and draw. Everyone must recover and make the play on them on these plays.

2. THE KICKING GAME:

This is about one-third of the game. (This is why we work on it first in practice).

Coverage: Bust a gut for 30 to 35 yards under control.

KICKOFFS

Five (5) Don'ts on the kicking Game:

- 1. Don't be offside.
- 2. Don't rough the kicker or holder.
- Don't clip.
- 4. Don't block below the waist. .
- Don't let the ball hit the ground.

KNOW THE BLOCKING POINT

GO OVER THE FIELD POSITION CHART:

Cover rule on onside kick-off.

When will they try:

- A. Just before half.
- B. When behind.
- C. After a 15 yard penalty, kicking from your 45.

Play each game as it comes.

- 1. Be ready to play through practice.
- 2. Practice like you play.

A confused football player cannot be an aggressive football player. If you are confused or don't know what to do on an assignment, always ask your coach.

It is your responsibility to know what to do.

DOWN AND DISTANCE THEORY

As a Defensive Unit, we must at all times know the down and distance situation. Our opponents will, in most instances, classify themselves according to down and distance as to the formations they will use, and the type of play (pass) or (run-inside or outside) we should be expecting. With this in mind, you should memorize the following down and distance chart to better help you understand how we try to act our Defenses up and to help you prepare yourself for the situations that will present themselves.

1 & 10 2 & 3 + 4 + 5 + 6 (Normal) 2 & +7 or more (Long) 3 & +1 +2 (Short) 3 & +3 +4 +5 (Medium) 3 & +6 or more (Long)

A. 1st Down and 10

We must expect in this instance either pass or run and use one of our combination defenses which gives us an excellent running defense plus a strong passing defense. At times, due to calculated frequencies through our scouting system, we may concentrate more emphasis on one phase of their attack rather than the other in this particular down and distance. Good time to offset or use sound stunt to cause blocking problems.

B. 2nd Down and 1 or 2 - Waste Down

Many teams have a tendency to go for a home run play on 2nd down and one or two.

C. 2nd Down and Medium 3, 4, 5, 6 yards to go

In this situation percentages tend to show that most teams will favor their running attacks, although this does not eliminate the possiblity of a pass. Due to such a percentage, we would tend to select one of our running defenses that is designed to impair our opponents running game, but still gives us ample pass coverage.

D. 2nd Down and Long 7 or more yards to go

Due to a high frequency of pass plays by most teams in a 2nd and long situation, we will concentrate our defenses on stopping the passing game. Good time to rush passer.

E. 3rd Down and Short 1 or 2 yards to go

We must expect our opponents to select their best offensive play in this situation. We will definitely concentrate on stopping their best play with our best running defense. Our theory is to meet strength with strength in this situation. We must stop their offense for no gain or a loss in this situation.

DOWN AND DISTANCE THEORY (Cont'd)

F. 3rd Down and Medium 3,4,5 yards to go

We regard this situation in theory the same as 2nd Down and normal, but whatever the offense selects to run against us, we must hold them to less than 6 yards to force them into a kicking situation.

G. 3rd Down and Long 6 or more yards to go

In this situation we find through percentages that most of our opponents tend to rely upon their passing game more frequently than their running game. With this in mind we will select one of our defenses that is designed to give us maximum pass coverage. In other instances, we may select one of our blitzing defenses to cause the opposing quarterback to suffer from undue pressure, thus disturbing the timing of their passing attack.

BEAR COV 1 RULES .

SS - ALIGN AS WEAK SIDE BACKER VS 2 BACK FORMATION, AWAY FROM SAM AND WILL.

SS - ADJUST TO ALL 2 BACK MOTION.

SS - ADJUST TO ALL I BACK FORMATION.

SS & FS - SWITCH VS 3 RECEIVERS TO ONE SIDE.

FS - HAS STRONG #2.

CORNERS - HAVE 1 THEIR SIDE.

BEAR ZONE RULES - VS PRO SHOW MAN, PLAY 3.
VS TWINS SHOW MAN, PLAY 3.

SS - ALIGN AWAY FROM SAM AND WILL OR AWAY FROM TE.

SS - NO ADJUSTMENT TO MOTION ON 1 BACK SETS. WORK CURL TO FLAT.

FS - SHOW MAN MIDDLE 1/3.

CORNERS - SHOW MAN OUTSIDE 1/3.

BEAR MIKE FIELD - (HASH CALL)

MIKE - ALIGN TO FIELD.

SS - ALIGN TO BOUNDARY.

SS - SAME ADJUSTMENT RULES AND ALIGNMENTS AS BEAR COV 1.

SS & FS - SWITCH VS 3 RECEIVERS TO SAME SIDE. NO ZONE CALL WITH BEAR MIKE FIELD.

TIGER MAN - SAME RULES AS BEAR COV 1.

SS - MAKE ALL ADJUSTMENTS.

TIGER 2.6 - VS PRO SHOW MAN, PLAY 2.
VS TWINS SHOW MAN, PLAY 6.

IN ZONE SAFETIES ALIGN IN POSITION TO EXECUTE COV 2 OR 6.

DEFENSIVE HUDDLE

LINE UP:

Front Row: (S) - (LE) - (LT) - (RT) - (RE) - (W)

1. Feet, shoulders width apart and parallel.

2. Hands on knees, head up.

3. Left Tackle - sets huddle 3 yards from football.

Back Row: (C) - (FS) - (SS) - (C)

1. Hands on hips, head up for entire back row.

MIKE: Makes front call.

F/S: Makes the coverage call.

C: Check sidelines and substitutes for unusual players.

TACKLING AT UNIVERSITY OF MIAMI

Tackling is a base fundamental of playing successful defense. Fundamentals are skills that can be taught, learned and constantly improved upon. It is imperative that each player have a thorough understanding of how we tackle, the different types of tackles, and what we want to accomplish from these different types of tackles. The most important part of tackling is (obviously) stopping the forward progress of the ball carrier by bringing him to the ground. Like all football skills, there are elements of tackling that are consistent in all types of tackles. The prerequisite, however, is a good football position. This is the most comfortable and natural position from which a football player can operate. The following points outline a good football position:

Bend at the legs, not in your back.

 Your back should be straight with your head up and tail down. This should balance the weight of your body over the balls of your feet. (Never get over-extended or have your weight in front of or behind your feet.)

3. Your weight should be on the balls of your feet, with your toes

slightly pointed in.

 Your feet should be spread about the shoulder width with arms dangling in a comfortable position with elbows slightly bent.

Make sure you can "operate" from side to side.

There are 5 elements that are essential in all types of tackles. These are consistent in every situation that you can be placed in. A mastering of the following will improve your tackling immensely.

- 1. EYES Your eyes should concentrate on the numbers of the ball carrier. All reactions come from what you see. Your overall body control comes from what your eyes tell the body to do. Concentration on the hips or belt buckle has a tendency to cause the body to bend over (too much) and over-extend.
- 2. <u>CONTACT POINT</u> This is the part of your body that makes initial contact with the ball carrier. Your head should be up with your neck bulled. Your shoulders should end up in the number area of the ball carrier.
- 3. SHOULDERS PARALLEL Your shoulders should be parallel when you gather to tackle. This will allow you to react properly in either direction. NOTE: Shoulders should be parallel to aiming point on ball carrier.
- 4. ARM WRAP Upon contact, your arms should come up alongside the ball carrier. You lock your arms around the body of the ball carrier. If you cannot lock, then grab as much cloth of the ball carrier as you possibly can. The combination of arms and legs will determine whether a ball carrier falls forward or backwards after contact.

5. LEGS - Your legs are very important in getting lift into your tackle. This will offset the forward drive of the ball carrier by getting his cleat off the ground. When you make contact, you should "rise" through the ball carrier. Your legs also are essential in driving the ball carrier backwards following initial contact. The ability to move your legs "through" a ball carrier is essential.

To be a successful tackler you must make judgements as to when to use certain types of tackles. However, you cannot allow these judgements to distract your natural ability in getting the job done. End result is always the most important statistic. "Did you tackle him or not?" The following is an explanation of the types of tackles we have at MIAMI. Note that there are certain types that are appropriate for different situations.

1. SELLOUT TACKLE - This is probably the most often used type of tackle. It is the most subconscious tackle of all. This is used when you feel or see teammates around you. This is a reckless tackle that you employ because you know you will have immediate help. Sellout tackles are usually the hardest hitting tackles. They create the most violent collisions. In this type of tackle you hit the ball carrier as hard as you can. In a sellout tackle the following coaching points should be noted:

OBJECTIVE - Make the tackle. Create a reckless collision. Take a chance.

- A. Run through the ball carrier after finding target point.
- B. Keep head up.
- C. On initial contact, explode your hips into ball carrier.
- D. Never stop your feet.
- E. Do not hesitate. Example: You could be coming from quite a distance.

You have done a great job in a sellout tackle if you cause a fumble or violently knock the ball carrier backwards.

2. ANGLE TACKLE (SIDELINE) - Many people think football is a game of angles. We must be able to angle tackle properly. This year we will continue to have great swarm on defense. Swarm and angle tackling coincide. An angle tackle occurs anywhere between a 45 degree and 90 degree angle created by the tackler's position in relation to the ball carrier. Angle tackles can occur with long and short distances between them. For example: A Rover can make an angle tackle after running 20 yards. On the other hand, Mike can make an angle tackle by shuffling 2 yards and scraping off tackle or off Sam. In an angle tackle, the following coaching points should be noted:

OBJECTIVE. - Make an inside-out tackle on a ball carrier by approaching on a path so as not to allow him to cut back across your face.

A. Bring your speed under control once you realize you must perform an angle tackle.

perform an angle tackle.

8. Position yourself in relation to the ball carrier, so that if he decides to cut back across the grain, he will run directly into you.

2. On approach to the ball carrier, your aiming point should

be the near shoulder.

- D. On contact, (with the near shoulder) attempt to "jar" the ball carrier in an east-west direction. As you make contact, reach your outside arm across his body to his outside shoulder. Your inside arm should come across his back following the initial contact and outside arm follow through.
- E. Wrap your arms and drive your feet through him.

The angle tackle becomes an upper body tackle. You have done a great job if the ball carrier does not cut back across your face.

3. SURE TACKLE - This is also commonly known as an open field tackle. This is used in a situation when you must bring the ball carrier down by yourself. This usually occurs in the open field. A sure tackle can also occur (at times) on a quarterback sack. Before describing a sure tackle, you must understand body balance and control. You must not be faked out in this situation. Patience and field awareness are two characteristics that you must be aware of. In a sure tackle the following coaching points should be noted:

OBJECTIVE - To make a high, sure tackle. Make sure you grab some part of cloth or some part of the ball carrier. Do not allow him to get away.

A. Bring your body under complete control.

B. Do not stop your feet from moving.

C. Keep the weight on the balls of your feet.

D. Allow yourself enough distance to be able to move either side once the ball carrier declares himself.

E. Keep your eyes on his numbers and midsection. Do not go for a shoulder or head fake. Do not duck your head.

F. As you begin to wrap, grab and keep high.

G. Do not leave your feet until you feel him going down.

The sure tackle is a high tackle. You have accomplished this if you get the ball carrier down on the ground. You are not necessarily looking for a tackle in which you knock the ball carrier backwards.

4. GOAL LINE TACKLE - This type of tackle is used mostly by line-backers and safeties in goal line and short yardage situations. It can also be used in normal situations. Goal line tackles should knock a ball carrier backwards. They are usually high tackles that occur above a pile of bodies or in mid-air as a ball

TACKLING COACHING POINT CHECKLIST

GENERAL TACKLING

- 1. Eyes
- 2. Contact point
- 3. Shoulders parallel
- 4. Arm wrap
- Legs

SELLOUT TACKLE

- 1. Run thru target
- Head up
- 3. Explode hips
- 4. Feet moving
- Don't hesitate

SURE TACKLE

- 1 Body control
 2. Feet moving
- 3. Weight on balls of feet
- 4. Give enough distance to react
- Eyes on numbers
- Wrap high
- Don't leave feet

ANGLE TACKLE

- Speed under control
- Inside out position
- Near shoulder aim "Jar" ball carrier
- Arm wrap

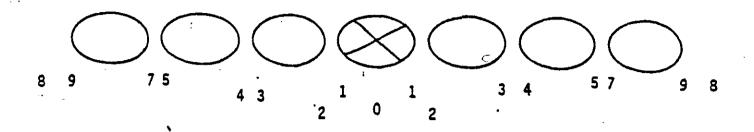
GOAL LINE TACKLE

- 1. Square
- Explode up and thru
 Move laterally
- 4. Head high
- 5. Feet moving

SOLID TACKLE

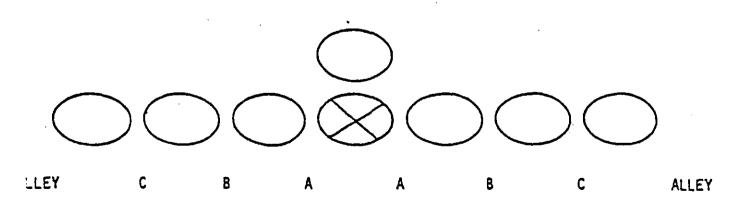
- 1. Eyes
- 2. Aiming point
- 3. Shoulders square
- 4. Hip/arm follow thru
- 5. Feet moving

DEFENSIVE TECHNIQUE NUMBERING



GAPS

- 1) "A" GAP Area between Center and Guard
- 2) "8" GAP Area between Guard and Tackle
- 3) "C" GAP Area between Tackle and Tight End
- 4) "ALLEY GAP" Area outside of Tight End



TERMINOLOGY continued

COVER ZONE

BOUNDARY FIRE	- Call for corner into boundary to run the stunt.
DOG	 5 underneath man 2 deep zone; bump and run in a trail position.
X	- The split end.
Y	- The tight end.
Z	The flanker.
н	- Identification used for running back on pass routes.
U	- Identification used for tight end away from formation.
F	- Identification used for the fullback on pass routes.
PETER	 Call made to alert everyone of a short punt or any punt we do not wish to handle - do not play with it!
PLAY' IT	 Call made to lock in on coverage called; no checks by secondary.
G	- Word telling 1 technique to move to a 2 technique.
BLITZ	- Team stunt with man coverage.
THUNDER	 Stunt including weakside end and both tackles (from Eagle defense).
ВС	 Corner to short side of field on hash. Ball in middle, he aligns to one receiver side.
FC	 Corner to short side of field on hash. Ball in middle, he aligns to two receiver side.
HASH CALL	 Call made by strong safety if ball is within 3 yards of hash mark.
CHINA	- Call made by corner signifying delay be receiver.
FUNNEL	 Outside press technique used by corners off Double Switch. Putting corner man to man on #1 or fire depending on release. Primarily used inside 20.
BEAR	- Double eagle blitz alignment. Coverage determined by call.
PRESS	 Tough man to man technique either inside or outside technique depending.
	• •

- 3 deep zone coverage off the tite bear alignments.

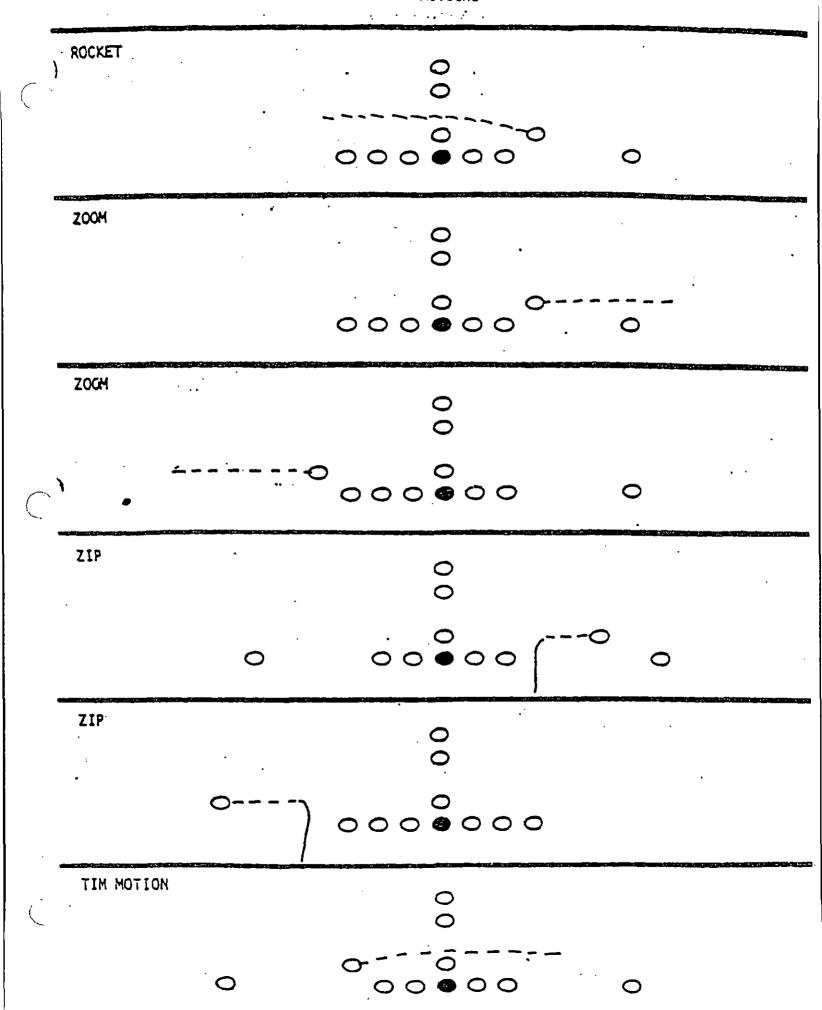
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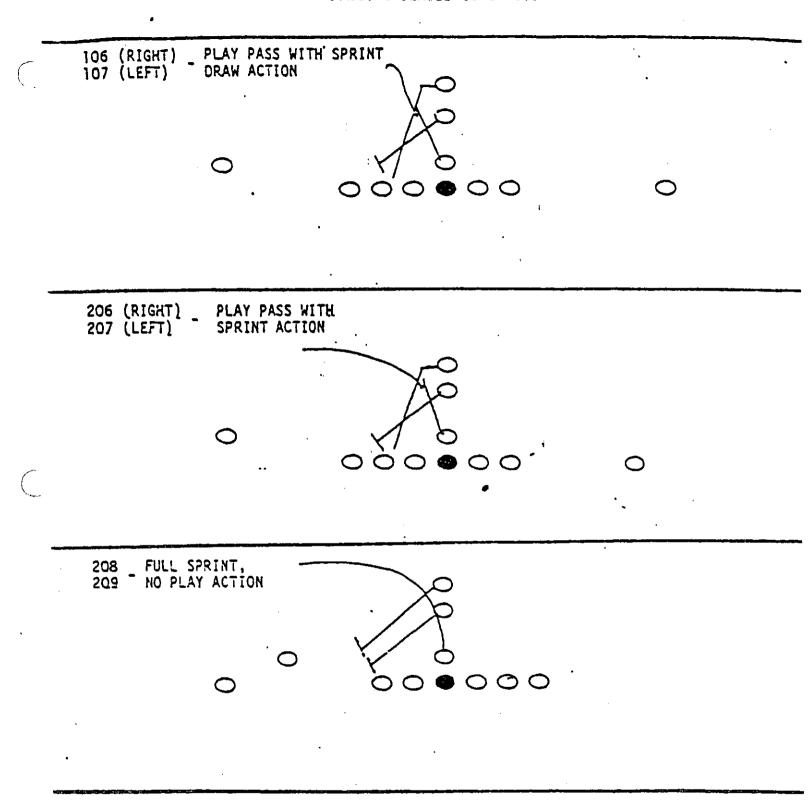
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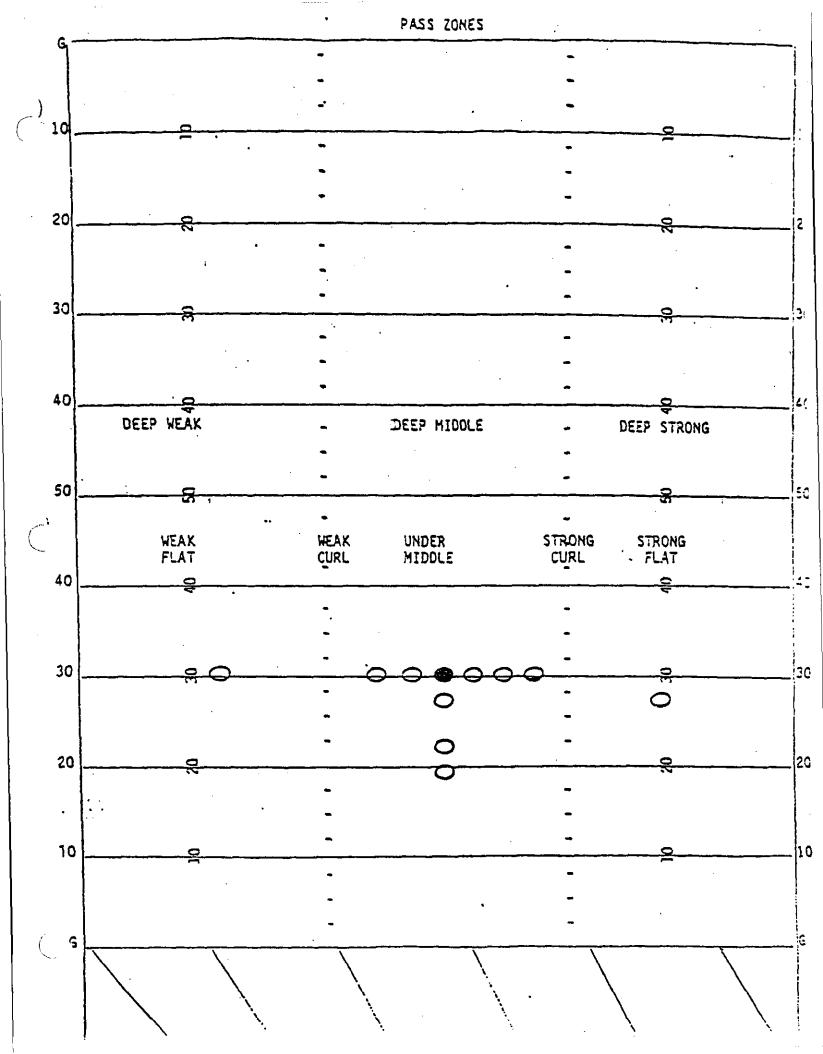
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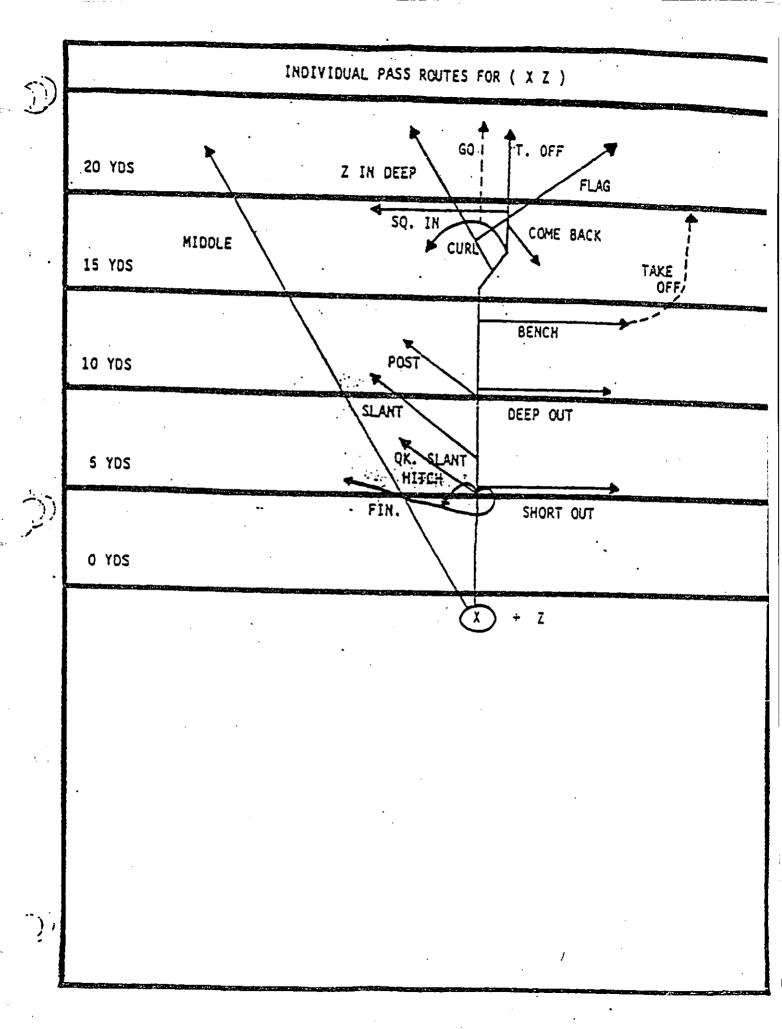
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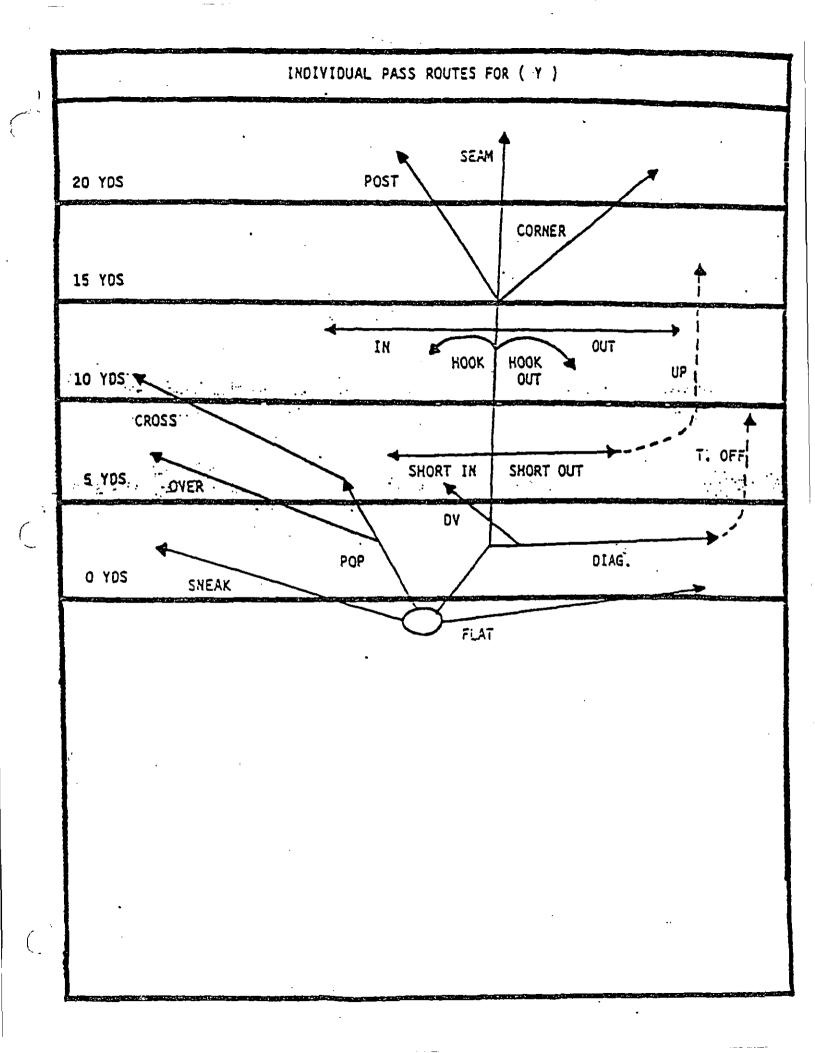


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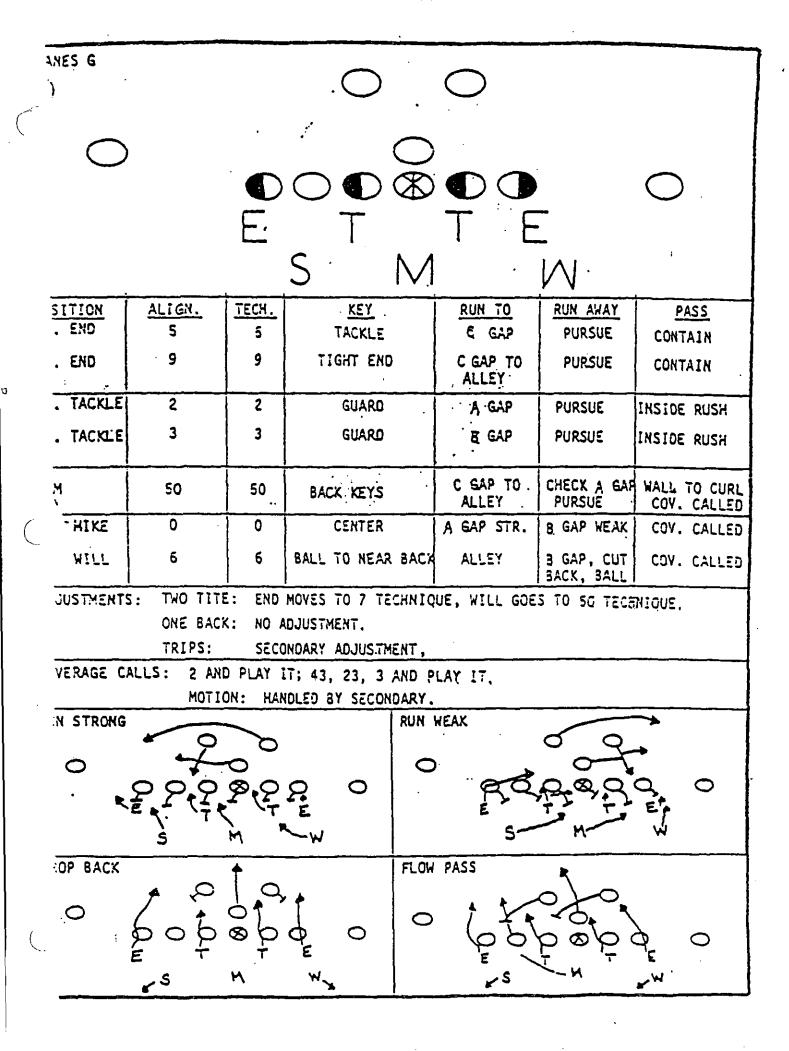


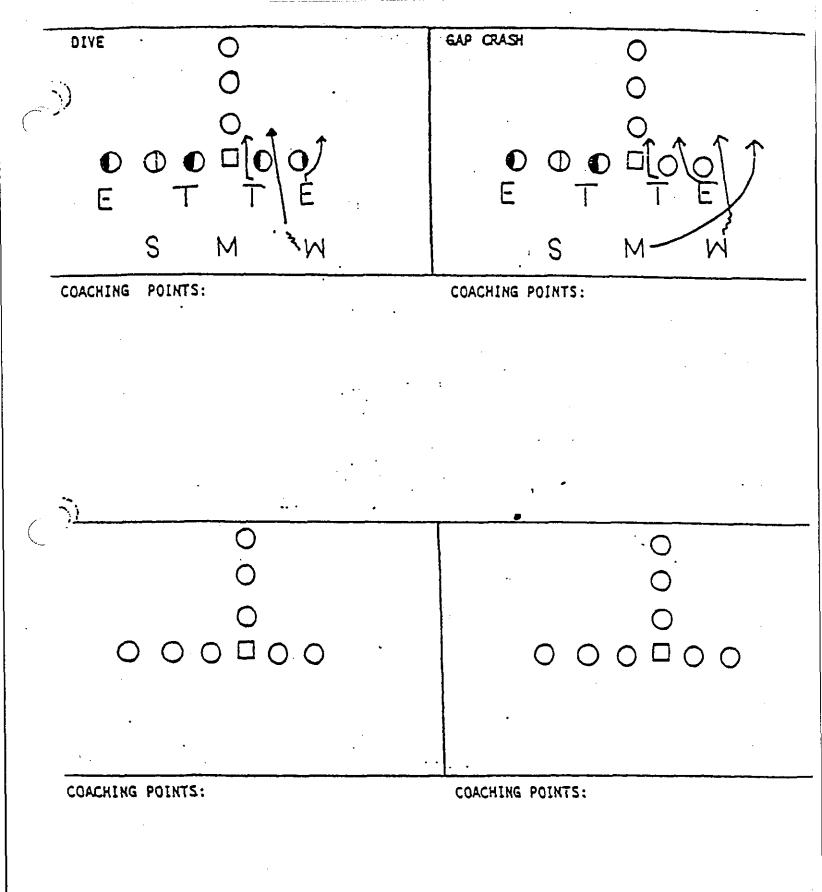


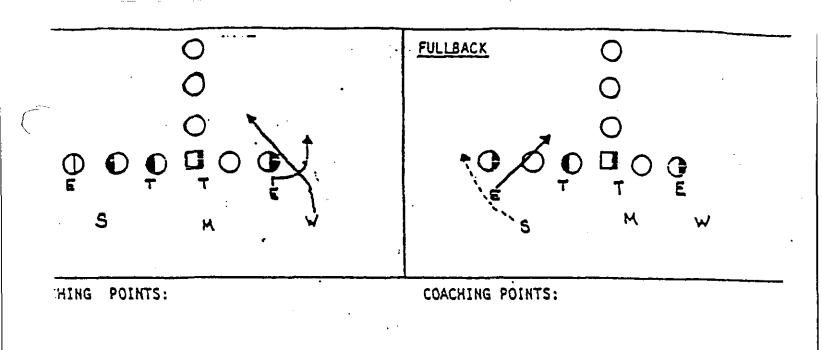


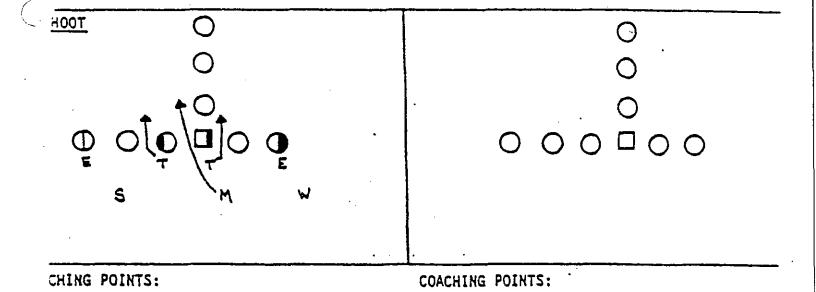
PASS ROUTE SYMBOLS

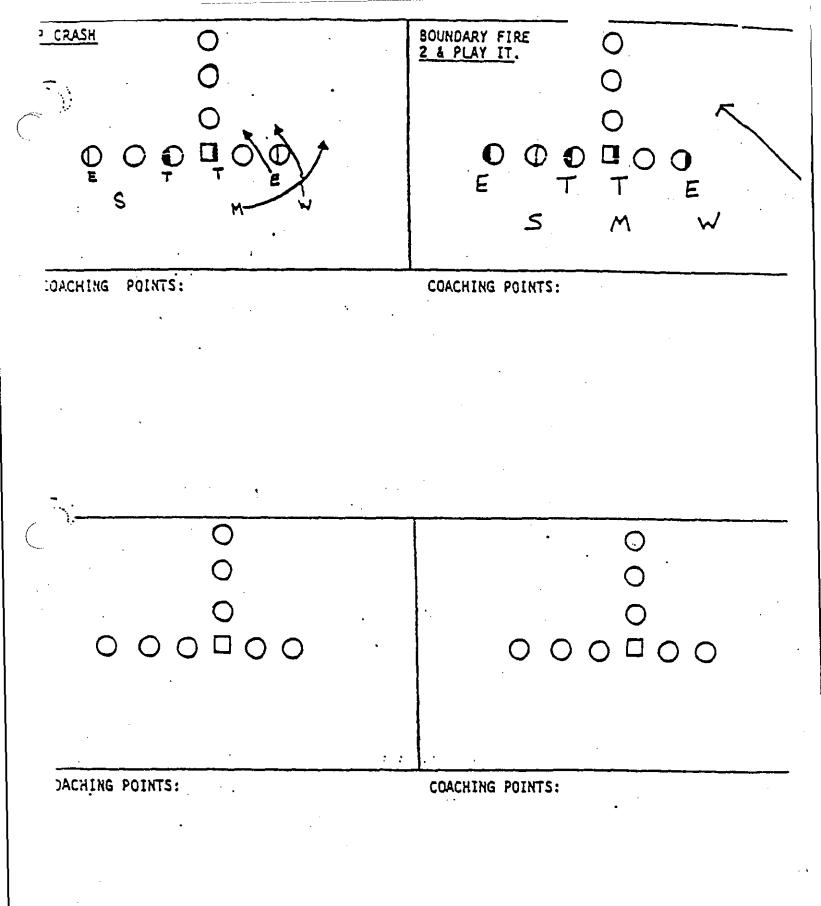
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5.	DOT	= DEEP OUT - 7 STEP	19.	SM	= SEAM
6.	ρ .	= POST	20.	I	= IN
7.	T.0	= TAKE OFF	21.	М	= FLAIR
8.	C	= CURL		A	= ARROW
9.	СВ	= COME BACK		CIC	= CIRCLE
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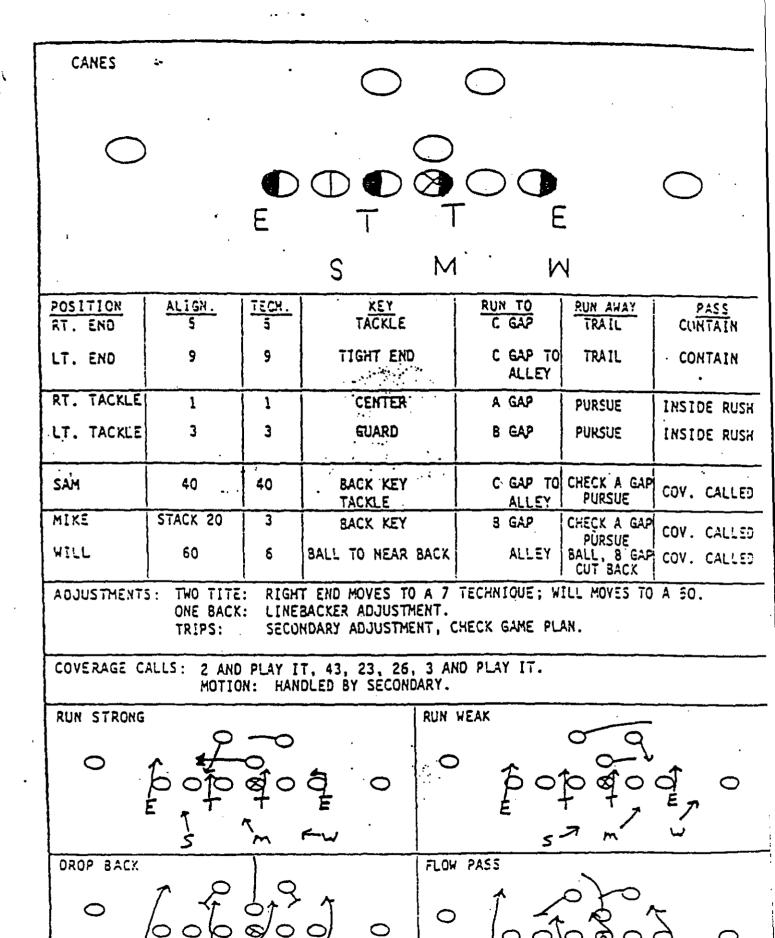






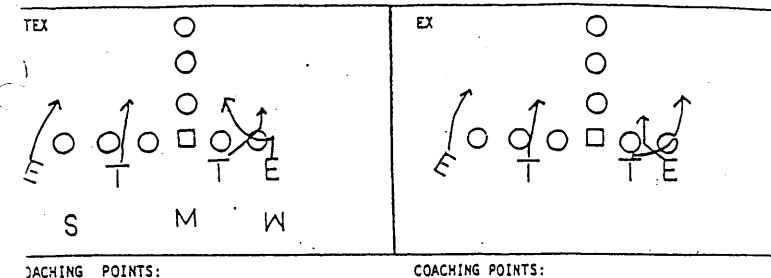






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	POSITION	ALIGN.	TECH.	KEY		RUN TO	RUN AWAY	PASS
	RT. END	LOOSE 5	5	BALL		C GAP	PURSUE	CONTAIN RUSH
	LT. END	8	8	BALL		C GAP TO ALLEY	PURSUF	CONTAIN RUSH
	RT. TACKLE	1	1	BALL	-	A GAP	A GAP	INSIDE RUSH
	LT. TACKLE	4	4 -	8ALL	·	B GAP	B GAP	INSIDE RUSH
	SAM	60	60	NEAR BACK		C GAP	FOLD A GAP STG.	COY. CALLED
. 3	MIKE	10 STRONG	10 STG	. NEAR BACK		A GAP	8 GAP TO	COV. CALLED
€ Å	WILL	50	50	NEAR BACK		ALLEY	3 GAP TO SALL	COV. CALLED
	MEMTRULDA	TS: TWO TIT ONE BAC TRIPS:	K BALAN	HT END MOVES TO CED: SAME AS ARY ADJUSTMENT	T OWT	ITE.		0 A 50.
	COVERAGE		ND PLAY	IT: 43, 23, ANDLED BY SEC	26, 3 ONDARY	AND PLAY IT	•	
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CACHING POINTS:

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POSITION RT. END	ALIGN.	TECH. 5	<u>KEY</u> TACKLE		RUN TO	NAMA NUS	22AS
LT. END	5	5	TACKLE		C GAP	PURSUE PURSUE	CONTAIN
RT. TACKLE	3	3	GUARD		B GAP	PURSUE	
LT. TACKLE	. 1	1	CENTER		A GAP	PURSUE	INSIDE RUSH
				<u>. </u>			THISTOR ROSA
SAM	9	3	TE/NEAR BACK/BA	LL	ALLEY	PURSUE	COV. CALLED
MIKE	30	3	BACK		8 GAP	CHECK A	COV. CALLED
WILL	30	30	BACK		ALLEY	PURSUE.	COV. CALLED
ADJUSTMENTS	1		T END MOVES TO A			/ES TO A "50	и,
	ONE BACK TRIPS:		LES GAME PLAN AC <u>NDARY ADJUSTMENT</u>		IMENI.		
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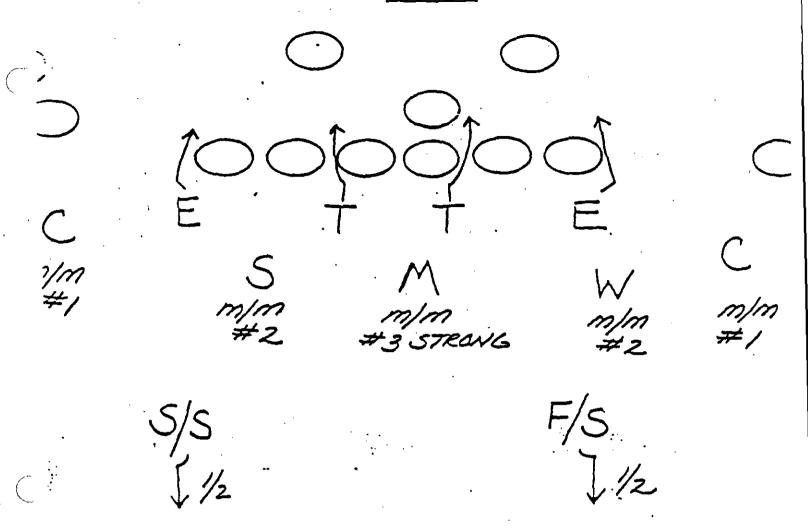
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T. END	3 TECH	3	GUARD	B GAP	TRAIL	CONTAIN
T. TACKLE	3	3 ·	GUARD	B GAP	SQUEEZE	INSIDE
.T. TACKLE	1	1	CENTER	A GAP	SQUEEZE	INSIDE
SAM	9	·9 .,	TICHT END	ALLEY	SQUEEZE CUT BACK	RUSH OR COV. CALLED
MIKE	50	5	BACK	C GAP	A GAP WK .	COV. CALLED
WILL	30	3	BACK	A GAP-ALLEY	A GAP	COV. CALLED
DJUSTMENTS			7 TECHNIQUE AD	JUSTMENT BY END	AND WILL.	
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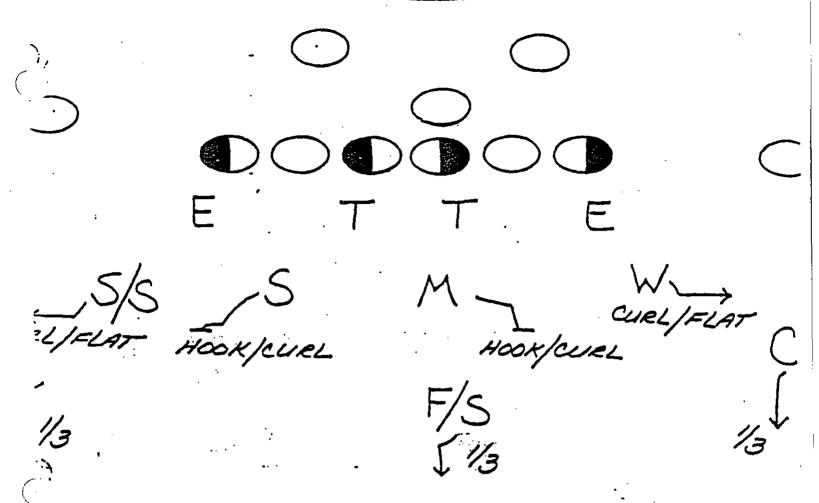
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	POSITION	AL IGN.	TECH.	KEY	RUN TO	RUN AWAY	PASS
	RT. END	LOOSE 5	FB	BALL-TACKLE	ALLEY	TRAIL	CONTAIN
	LT. END	LOOSE 3	RIP	BALL-GUARD	B GAP	PURSUE	INSIDE
	RT. TACKLE	LOOSE 3	RIP	BALL-GUARD	8 GAP	TRAIL	INSIDE
	LT. TACKLE	0	FREE	BALL-CENTER	REACT	REACT	INSIDE
	SAM	8 ТЕСН.	GO	BALL/TE/NB	ALLEY	TRAIL	CONTAIN
ſ	MIKE	30	FILL	_ #3	FILL	SCRAPE	COV. CALLE
	WILL	7 TECH.	HAMMER	BALL/TE	C GAP SPILL	TRAIL	INSIDE-SCR4
Ī	ADJUSTMEN			L BACK MOTION AND NLL REC. MOTION.	ADJUSTMENTS.	•	<u>, </u>
١		SS - AL	IGN 40	5 YDS. DEEP. FS - DE SHADE 8 DEEP.	OUTSIDE SHAD	E OF TE 7 D	EEP.
	COVERAGE	CALLS: CO	/ER 1, 0	OVER 1 PRESS, OR C SS ALIGN ON 2, FS	OVER ZONE.	CAN PLAY MA	N ON TONE ES
	RUN STRON		7		WEAK C	<u>م</u>	01 20112 13
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This is a 2 deep zone with 5 underneath man to man coverage. Safeties each play one-half of the field, and corners and linebackers play man to man with inside technique. Normally used with nickel package.

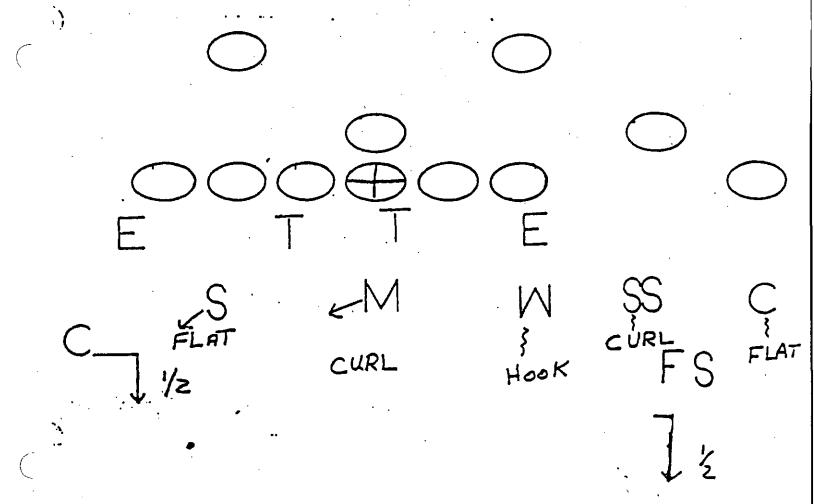
COVER 2 DOG

AL I GNMENT	KEY	RESPONSIBILITY
<u>SAM</u> 50 - 60	Tight End	Trail tight end man to man; do not let tight end insi If trips, be alert for combo.
MIKE 10 - 20	#3 Strong	Keep inside position and trail #3 strongside. Trips combo with tight end.
# <u>ILL</u>	#2 Weak	Keep inside trail position man on #2 out weak.
ST. CORNER Outside posi- tion and 5 yards deep	#1	Man to man on #1. Slide to inside position on snap and use trail technique from this position. Catch receiver on inside routes. Know you have deep help.
ST. SAFETY On hash 12 yards deep	#2 to Ball. See #1 & #3 for total picture	Play like Cover 2. Know inside routes are trying to be taken away.
FREE SAFETY On hash 12 yards deep	Ball through weakside line- man. See #1 & #2 for total picture	Play like Cover 2. Know inside routes are trying to be taken away.
WK. CORNER Outside position and 5 yards deep	#1	Man to man on #1. Slide to inside position on snap and use trial technique from this position. Catch receiver on inside routes. Know you have deep help.

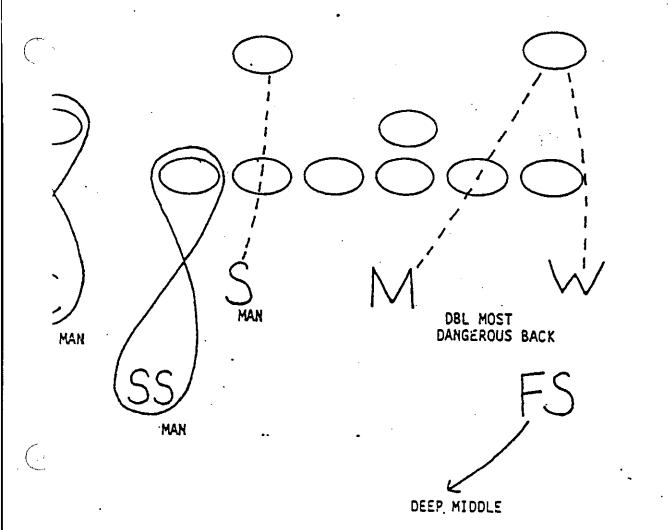


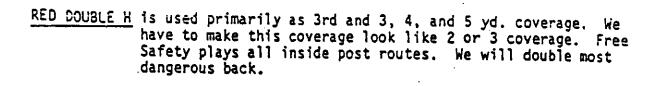
Cover 3 is a 3 deep strong side coverage. There are 3 deep zones with 4 short zones underneath. Strong Safety makes curl or flat call depending on game situation.

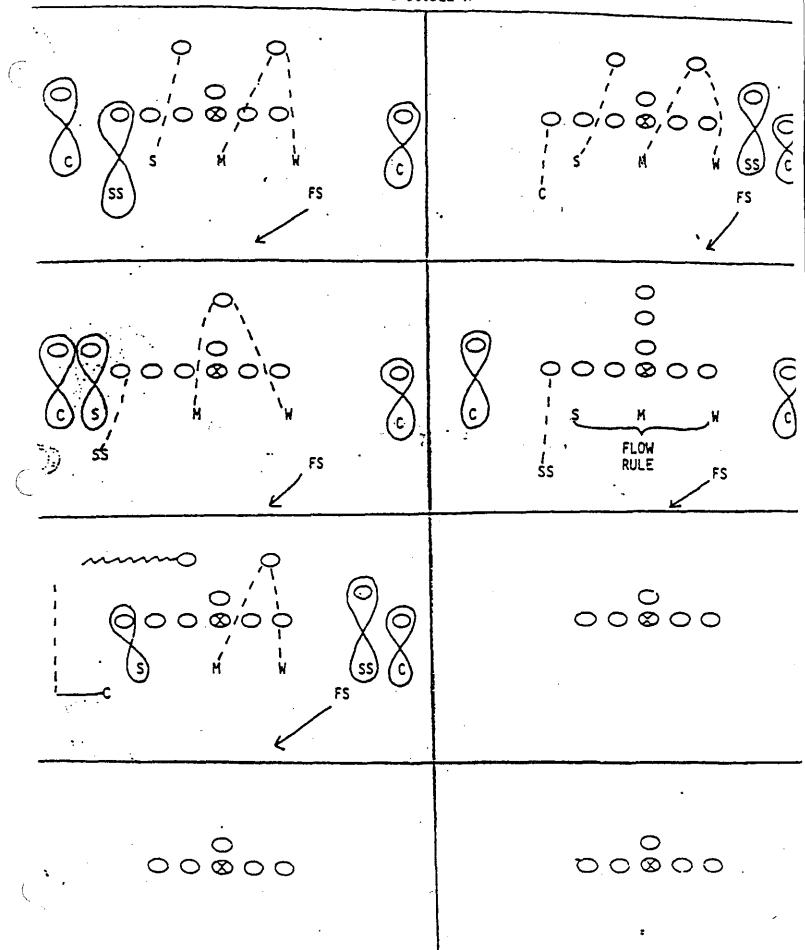
AL IGNMENT	KEY	RESPONSIBILITY
<u>SAM</u> 50 - 60	Back #1 Receiver #2 Reciever	Curl to flat drop, read #2 to determine combination. #2 up, Sam must go.
MIKE 10 - 20	Back	Weakside hook - #2 up pipe, he must run up with him. Open to #2.
<u>WILL</u> 60	Back	1. Strong hook #3 up, you must go. 2. Jump #3 out or up - no up or out, drop hook. 3. Be a pass rusher.
ST. CORNER Outside posi- tion and 5 yards deep	Through #2 to Ball. See #1 and #3 for total picture	up on arm. If #2 is up, get depth and take away outside
ST. SAFETY 1 yard inside & 5 yds. deep	See #1 & #3	Curl responsibility. Jam #2 and force him outside. If he is out, look for #1. If he is up, stay with him unless #1 comes inside.
FREE SAFETY On hash 12 yards deep	#2 to Ball. See #1 & #3 for total pic- ture	Deep & responsibility. If #2 or #3 are up, maintain position and break on ball. If #2 is out and no #3, push off hash to #1.
WK. CORNER Head up with tight end and 10 yards deep		片 of the field responsibility. Just like Cover 2 safety, except that #1 is closer to you and run support is quicker.



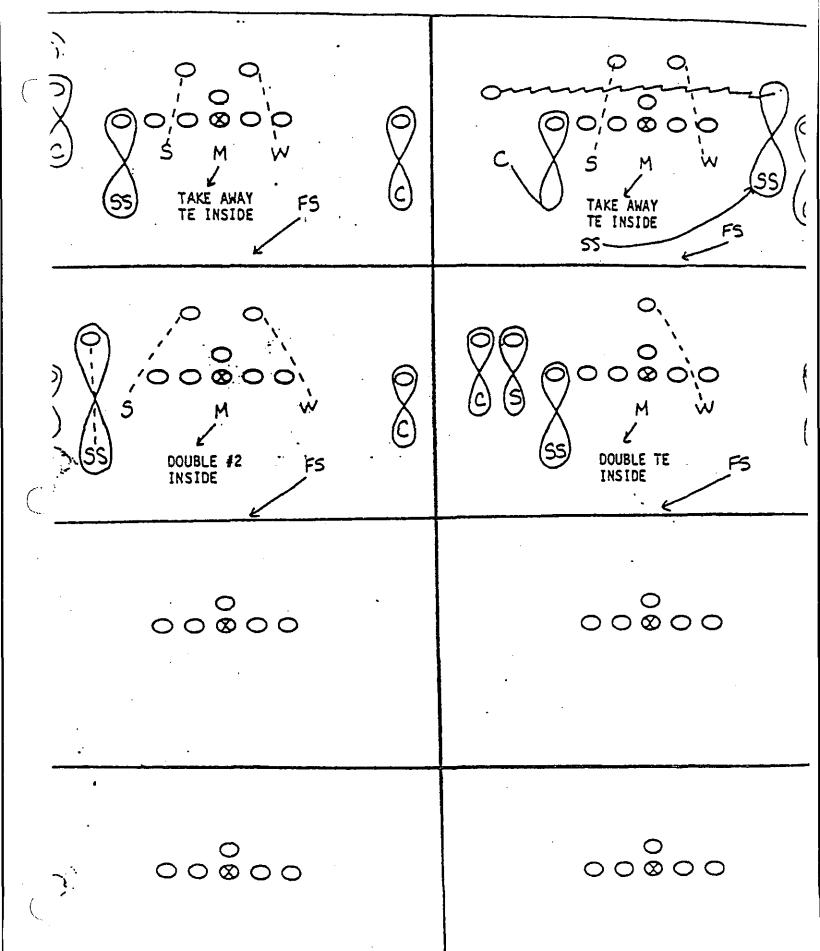
Cover 6 is used as a check for twins and some trips formation. It is used as a stop for the twins passing game. Linebacker drops are different from Cover 2 or Cover 3.

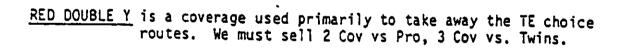




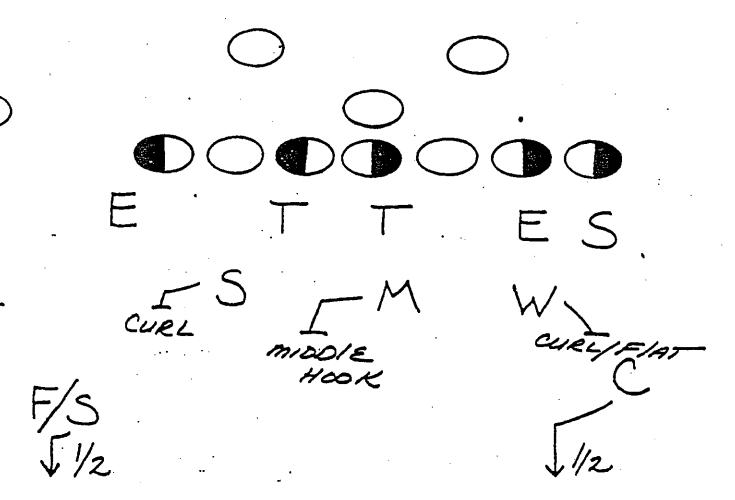


ALIGNMENT .	KEY .	RESPONSIBILITY
SAM COV 2 RULES	MAN COVERAGE	WE WILL GAME PLAN A DOUBLE ON 1 BACK. IF HE IS TO YOUR SIDE, YOU HAVE OUTSIDE MAN WITH HELP FROM MIKE. IF HE IS AWAY, YOU WILL HAVE THE OTHER BACK MAN BY YOURSELF.
MIKE 10 OR 20	MOST DANGEROUS BACK	TAKE AWAY INSIDE ROUTE OF MOST DANGEROUS BACK. YOU WILL HAVE OUTSIDE HELP BY EITHER SAM OR WILL.
WILL COV 2 RULES	MAN COVERAGE	WE WILL GAME PLAN A DOUBLE ON 1 BACK. IF HE IS TO YOUR SIDE, YOU HAVE OUTSIDE MAN WITH HELP FROM MIKE. IF HE IS AWAY, YOU WILL HAVE THE OTHER BACK MAN BY YOURSELF.
FIELD CORNER SHOW 2 COV VS PRO SHOW 3 COV VS TWINS	#1	SHOW COV 2 THEN PLAY #1 MAN, TAKE AWAY INSIDE, FORCE OUTSIDE, YOU HAVE FREE SAFETY HELP INSIDE.
BOUNDARY CORNER SHOW 2 COV VS PRO SHOW 3 COV VS TWINS	#1 .	SHOW COV 2 THEN PLAY #1 MAN, TAKE AWAY INSIDE, FORCE OUTSIDE, YOU HAVE FREE SAFETY HELP INSIDE.
STRONG SAFETY SHOW 2 COV VS PRO SHOW 3 COV VS TWINS	#2	COVER TE MAN VS PRO. COVER #2 MAN VS TWINS.
FREE SAFETY SHOW 2 COV VS PRO SHOW 3 COV VS TWINS	#2 STRONG	SHOW 2 OR 3 COV ALIGN THEN OPEN TO DEEP MIDDLE HELPING ON POST TO BOTH SIDES.
		

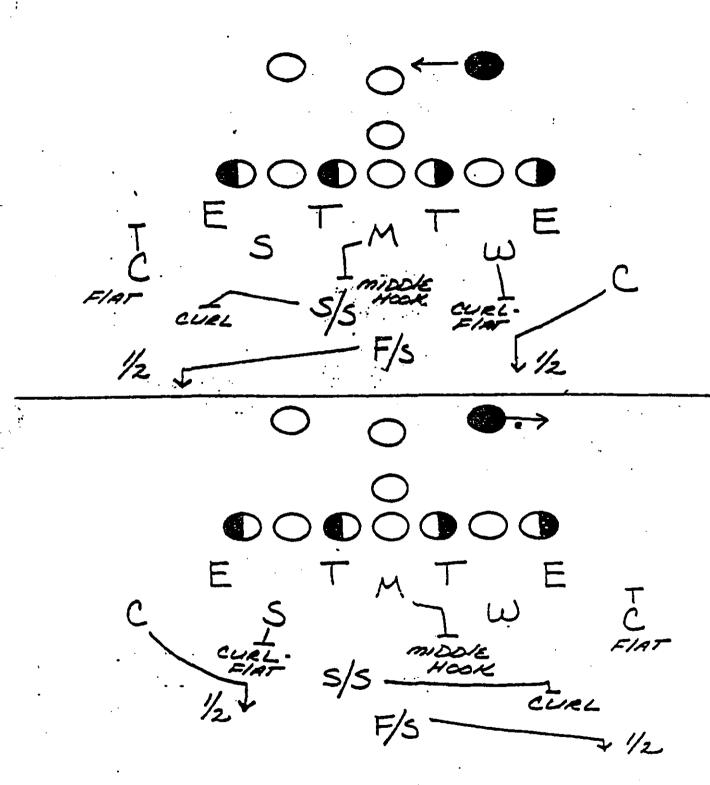




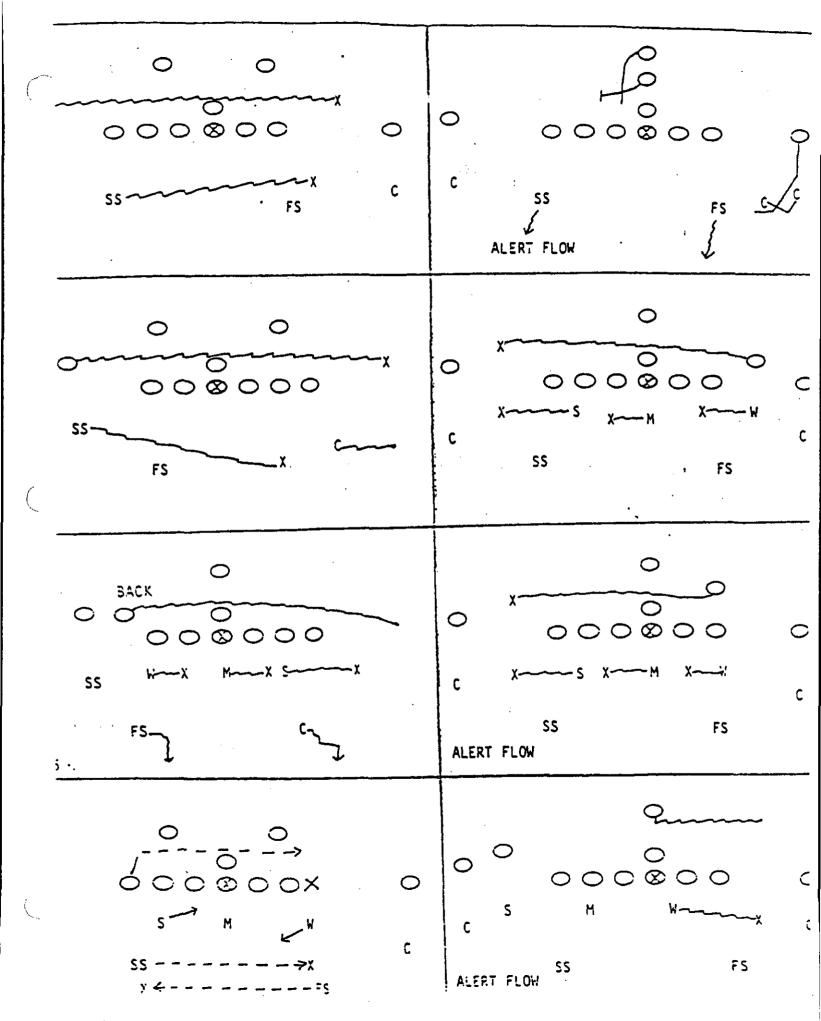
ALIGNHENT	KEY	RESPONSIBILITY
<u>KA2</u> 02	NEAR BACK	MAN TO MAN ON FIRST BACK YOUR SIDE.
MIKE 10 OR 20	TE ,	TAKE AWAY ALL INSIDE ROUTES BY TE. IF TE GOES OUTSIDE, SET UP IN MIDDLE LOOKING FOR CROSSING ROUTES. DENY THE TE THE BALL.
WILL 40. OR 50	NEAR BACK	MAN TO MAN ON FIRST BACK YOUR SIDE.
FIELD CORNER SHOW 2 COV	#1 	MAN TO MAN WITH OUTSIDE POSITION ON #1.
BOUNDARY CORNER SHOW 2 COV	#1	MAN TO MAN WITH OUTSIDE POSITION ON #1.
FREE SAFETY SHOW 2 COV	#2 STRONG	SHOW 2 COV OPEN TO MIDDLE OF FIELD. STAY DEEP MIDDLE AND HELP ON ALL POST FROM BOTH #1'S.
STRONG SAFETY SHOW 2 COV	#2	MIKE AND YOU WILL COMBO THE TE. WE WILL SQUAT AND TAKE AWAY ALL OUTSIDE ROUTES. MIKE WILL TAKE AWAY INSIDE ROUTES. DENY HIM THE BALL.

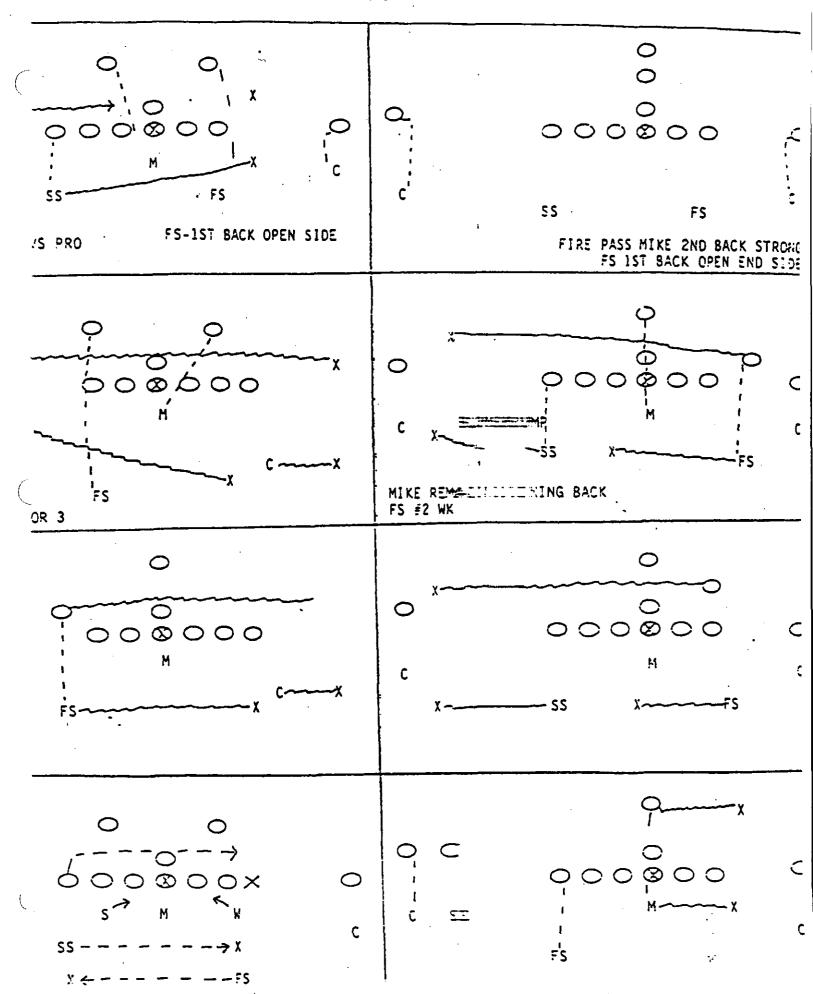


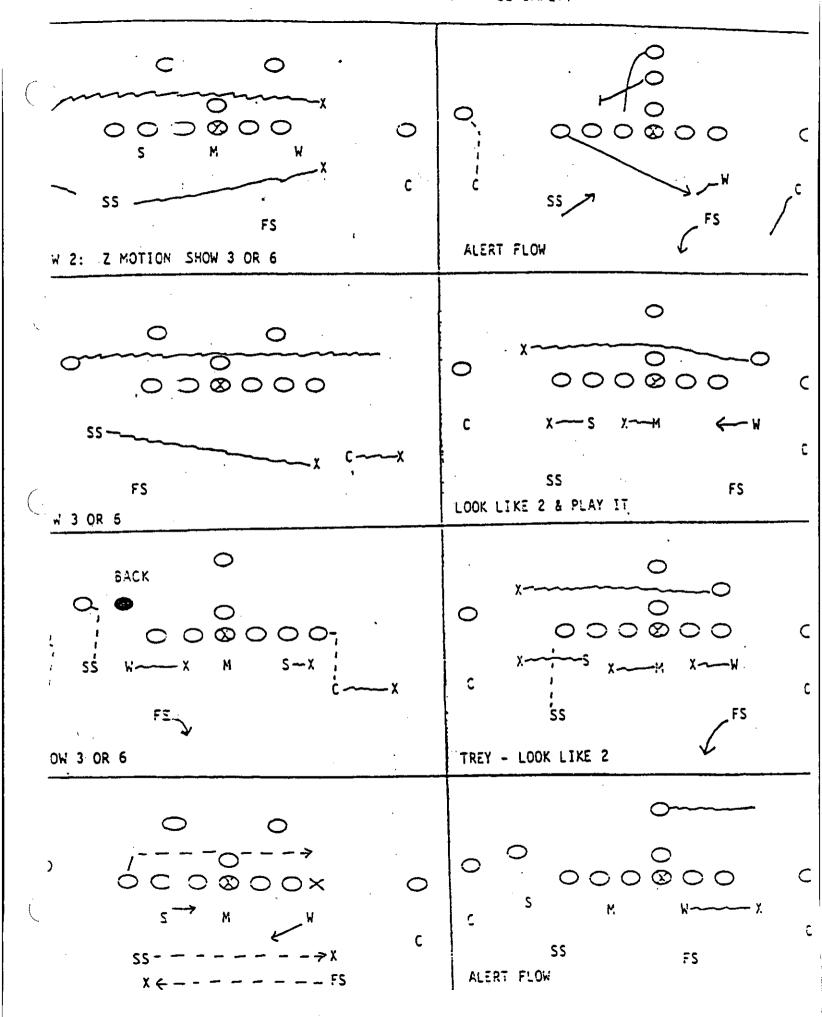
Cover 3 Key is a key roll coverage determined by formation. (Ex. Key left as shown in diagram). vs. Open set, we play Cover 3. Used primarily with Stack Front vs. Double Tite.

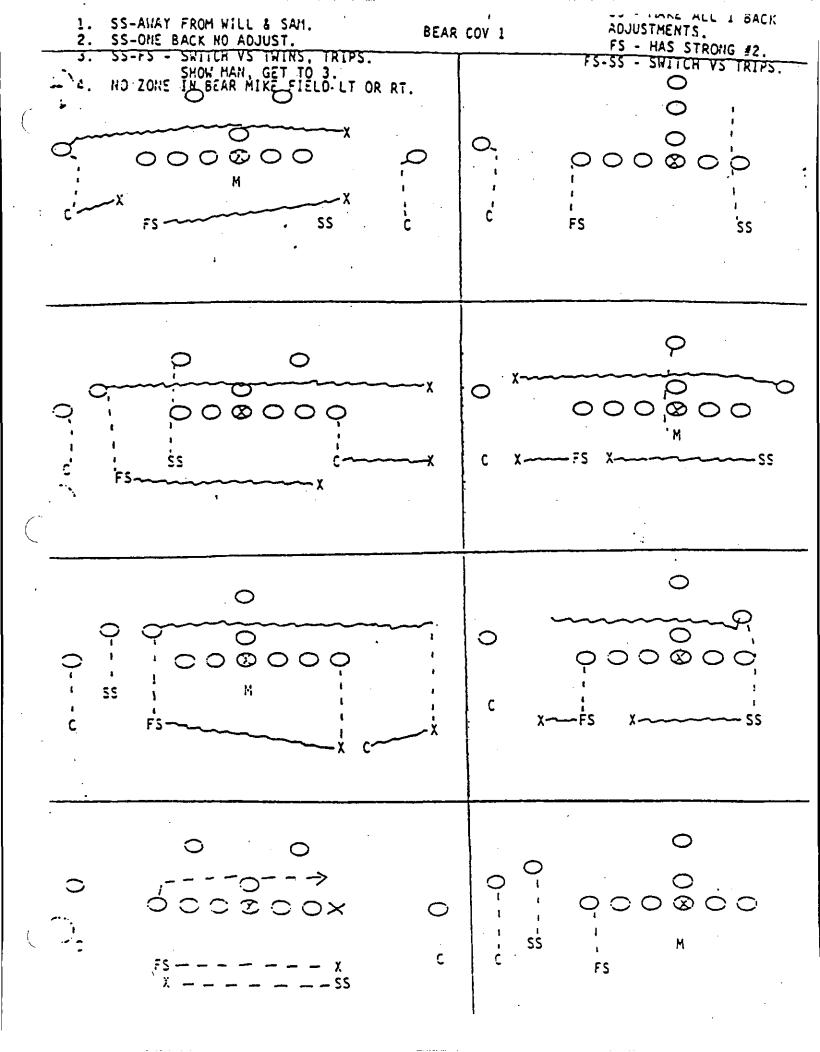


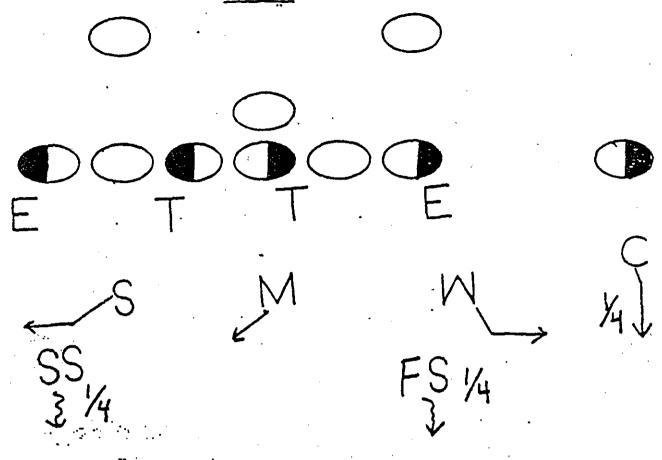
Flow Key - Coverage used vs. Wishbone Double Tight. Key roll coverage determined by Weak Back Key.







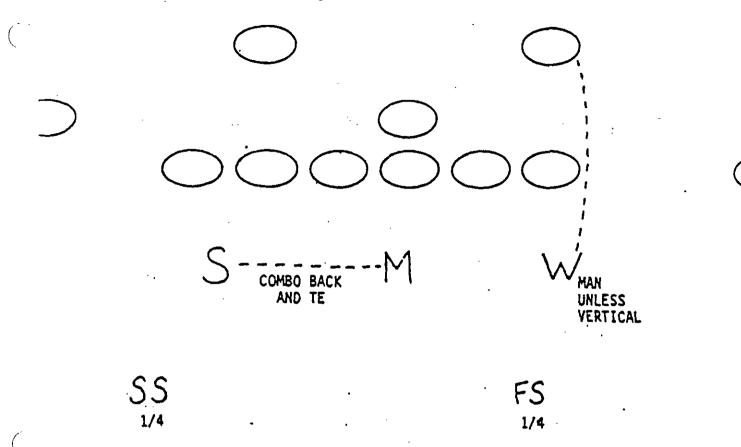




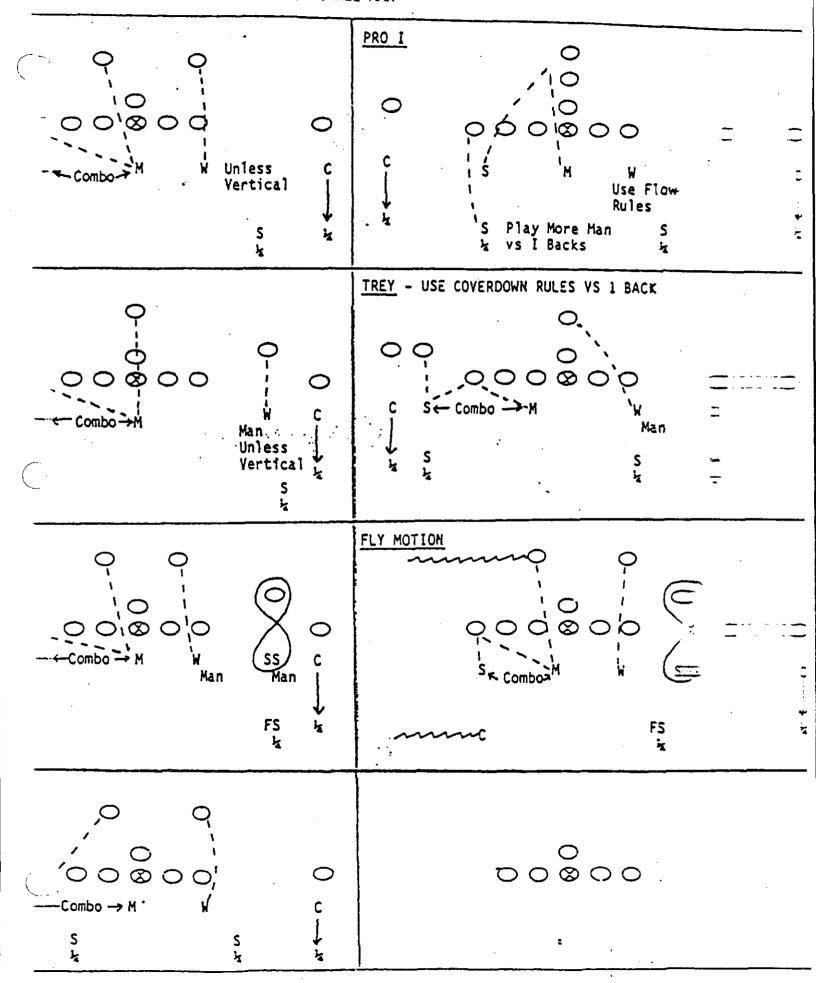
Cover 8 is a coverage used primarily inside the 20 yard line. We want to align in aggressive cover 2. Look to discourage outside routes by wide receivers. Safeties Key $\frac{2}{7}$ 2 route if no threat Rob $\frac{2}{7}$ 1. Corners must handle deep outside area. This coverage is very similar to cover 4 on both sides.

4 FUNNEL

AL I GNMENT	KEY	RESPONSIBILITY
<u>SAM</u> 50 - 60	Back Set Uncovered Ball	Drop curl to flat. If #2 runs arrow, go directly to flat.
MIKE 10 - 20	Back	Open strongside - work to middle of field 10-12 yards deep. If tight end releases inside, wall him off. Play Action: Get depth after fake for cross. Drop Back: Check tight end cross. If #3 goes up, you must go with him.
WILL 60	Near Back	Curl to flat drop of #2's release.
ST. CORNER Outside press position to cover-2 alignment	Bálli to #2	Outside & deep leverage on #1. Take post corner away If #1 runs post, squeeze and play over the top.
ST. SAFETY 2 yards out- side #2 & 8 yards deep	Ball to #2	Key #2. If he comes up, you have #2. If #2 breaks out or under before 10 yards, settle and rob inside route of #1.
FREE SAFETY 2 yards out- side #2 & 8 yards deep	Ball to #2	Key #2. If he comes up, you have #2. If #2 breaks out or under 10 yards, settle and rob inside route of #1.
WK. CORNER Outside Press position to cover 2 alignment	Ball to #2	Outside & deep leverage on #1. Take post corner away. If #1 runs post. squeeze and play over the top.



COVER 46 FUNNEL MAN is used primarily to take away post routes and deep crossing routes by corners and safties. We have to sell 2 coverage alignment. LB's play aggressive combo man coverage underneath.



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RESPONSIBILITY

		
SAM 50 OR 60 USE 2 COVERDOWN RULES	TE AND NEAR BACK	SAM AND MIKE WILL COMBO TE AND NEAR BACK, UNLESS TE GOES VERTICAL. *I BACKS PLAY RUN MORE AGGRESSIVE AND PLAY BOTH BACKS MAN.
MIKE 10-20 USE 2 COVERDOWN RULES	NEAR BACK	SAM AND MIKE WILL COMBO TE AND NEAR BACK. *I BACKS PLAY RUN MORE AGGRESSIVE AND PLAY BOTH BACKS MAN.
WILL 500 USE 2 COVERDOWN RULES	NEAR BACK	PLAY NEAR BACK OR #2 MAN UNLESS HE GOES VERTICAL. *I BACKS USE FLOW RULE.
FIELD CORNER SELL 2 COVERAGE VS PRO SELL 6 COVERAGE	BALL TO #1	OUTSIDE AND DEEP LEVERAGE ON #1 TAKE POST CORNER AWAY. IF #1 RUNS POST SQUEEZE AND PLAY OVER TOP.
BOUNDARY CORNER SELL 2 COVERAGE VS PRO SELL 6 COVERAGE	BALL TO #1	OUTSIDE AND DEEP LEVERAGE ON #1 TAKE POST CORNER AWAY. IF #1 RUNS POST SQUEEZE AND PLAY OVER TOP.
STRONG SAFETY SELL 2 COVERAGE VS PRO SELL 6 COVERAGE VS TWINS	BALL TO #2	KEY #2. IF HE COMES UP, YOU HAVE #2. IF #2 BREAKS OUT OR UNDER BEFORE 10 YDS, SETTLE AND ROB INSIDE RT OF #1.
FREE SAFETY SELL 2 COVERAGE VS PRO SELL 6 COVERAGE VS TWINS	BALL TO #2	KEY #2. IF HE COMES UP, YOU HAVE #2. IF #2 BREAKS OUT OR UNDER BEFORE 10 YDS, SETTLE AND ROB INSIDE RT OF #1.

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	POSITION	ALIGN.	TECH.	KEY	RUN TO	RUN AWAY	PASS
	RT. END	LOOSE 5	FB	BALL-TACKLE	ALLEY	TRAIL	CONTAIN
į	LT. END	L00SE 3	RIP	BALL-GUARD	B GAP	PURSUE	INSIDE
	RT. TACKLE	.LOOSE 3	RIP	BALL-GUARD	B GAP	TRAIL	INSIDE
	LT. TACKLE	0	FREE	BALL-CENTER	REACT	REACT	INSIDE
	SAM	8 TECH.	GO	BALL/TE/N8	ALLEY	TRAIL	CONTAIN
	MI KE	30	FILL	. #3	FILL	, SCRAPE	COV. CALLES
	WILL	7 TECH.	HAMMER	BALL/TE	C GAP SPILL	TRAIL	INSIDE-SCRAP
	ADJUSTMEN	DB's - 1 SS - ALI	LANDLE A IGN 40	L BACK MOTION AND LL REC. MOTION. 5 YDS. DEEP. FS E SHADE 8 DEEP.		E OF TE 7 D	EEP.
	COVERAGE		/ER 1, C . TRIPS	OVER 1 PRESS, OR SS ALIGN ON 2, F	COVER ZONE. S ALIGN ON 3 -	CAN PLAY MAI	N ON ZONE FS
	RUN STRÛN		5	RU	IN WEAK	6	9
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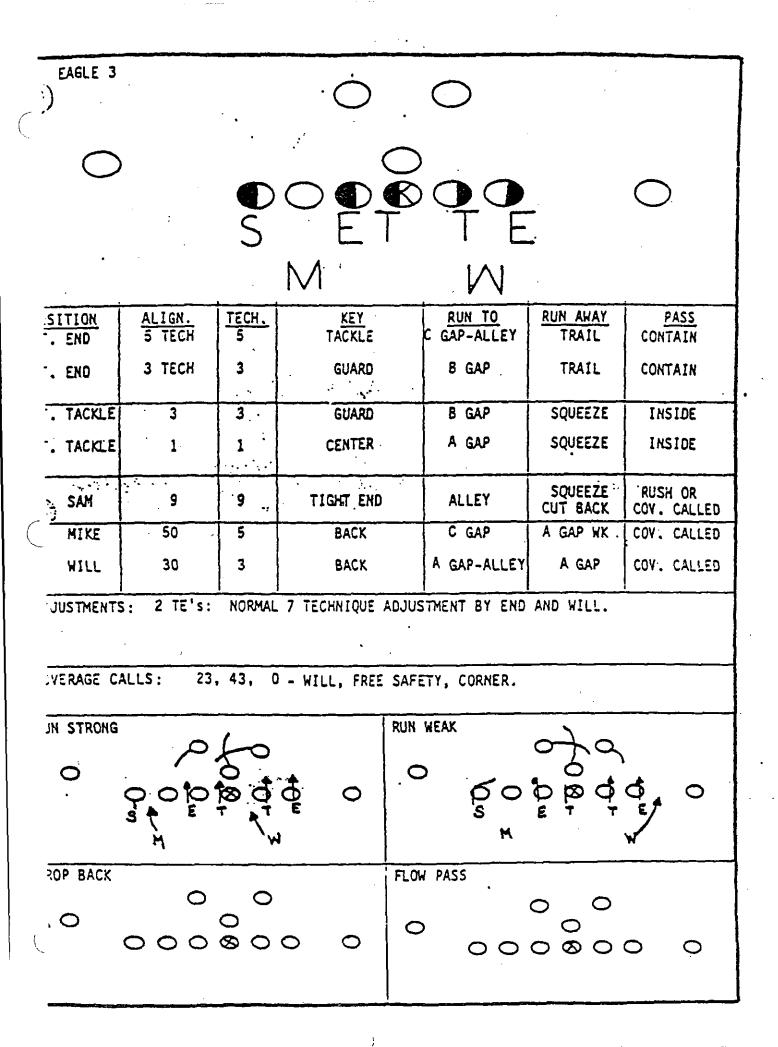
ALIGN.	Trou I		55		\overline{C}
ALIGN.	TECH				
	TECH.	<u>KEY</u>	RUN TO	RUN AWAY	PASS
LOOSE 3	RIP	BALL - GUARD	B GAP	PURSUE	INSIDE
8 TECH.	GO	BALL/TE/NB	ALLEY	TRAIL	CONTAIN
0	FREE	BALL-CENTER	REACT	REACT	INSIDE
4	RIP	BALL-GUARD	B GAP	TRAIL	INSIDE
7 TECH.	HAMMER	BALL-TE	C GAP SPILL	TRAIL	INSIDE-SCRAP
10	FILL	#3	FILL	SCRAPE	COV. CALLED
LOOSE 5	FB	BALL-TACKLE	ALLEY	TRAIL	CONTAIN
_	10		10 FILL #3	10 FILL #3 FILL	10 FILL #3 FILL SCRAPE

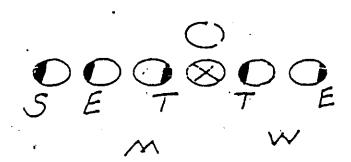
ADJUSTMENTS: SS - HANDLE ALL BACK MOTION AND ADJUSTMENTS. DB's - HANDLE ALL REC. MOTION.

VS. PRO - SECONDARY ALIGN 8 YDS. DEEP - 4 ACROSS LOOK - PLAY MAN OR 2. VS. THINS (SLOT) - SHOW 3 LOCK. PLAY MAN OR 6.

COVERAGE CALLS:

RUN STRONG-	RUN WEAK
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c <i>fs</i> <u>55</u>	د د م ع ع ع ع ع ع ع ع
DROP BACK O	FLOW PASS
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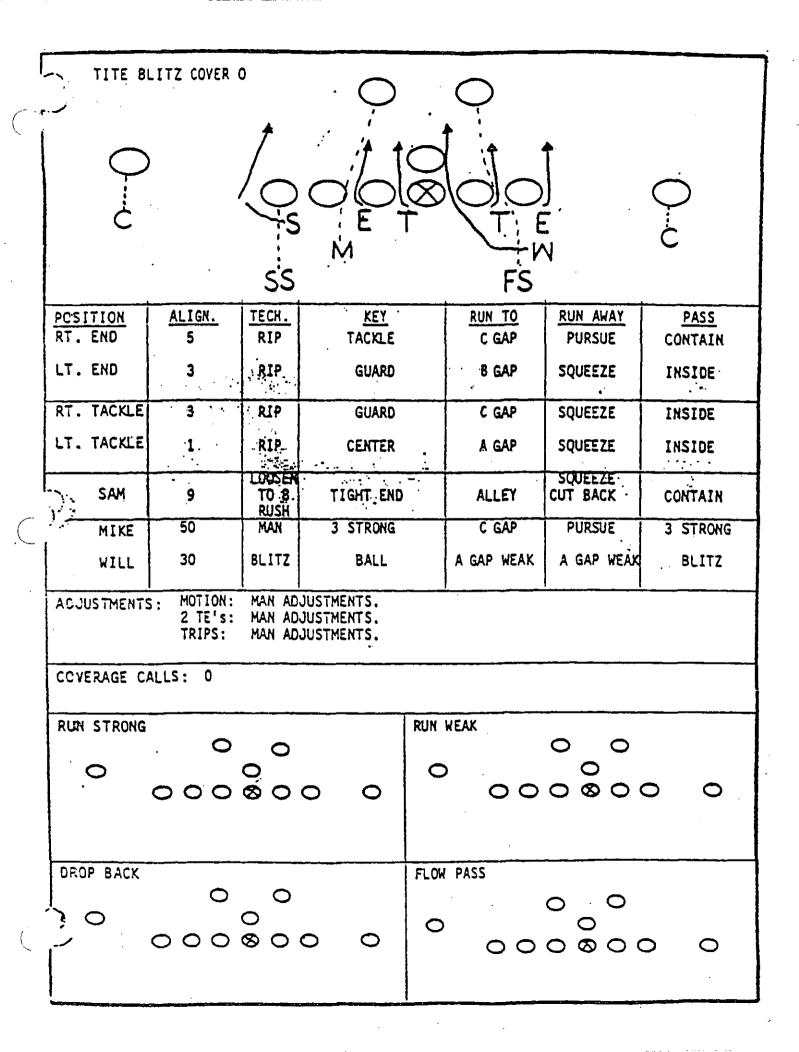


POSITION	ALIGN.	TECH.	KEY	RUN TO	RUN AWAY	PASS
RT. END	5	5	TACKLE	C GAP	PURSUE	CONTAIN
בד. באס	5	5	TACKLE	C GAP	PURSUE	CONTAIN
RT. TACKLE	2	2	GUARD	A GAP	PURSUE	INSIDE RUS
LT. TACKLE	. 2	2	GUARD	A GAP	PURSUE	INSIDE RUS
SAM	9	9	TE/NB/BALL	ALLEY	PURSUE	COV. CALLE
MIKE	, 30	3	BACK	B GAP	WK. A PURSUE	COV. CALLE
MILL	30	3	BACK	ALLEY	A GAP PURSUE	COV. CALLE

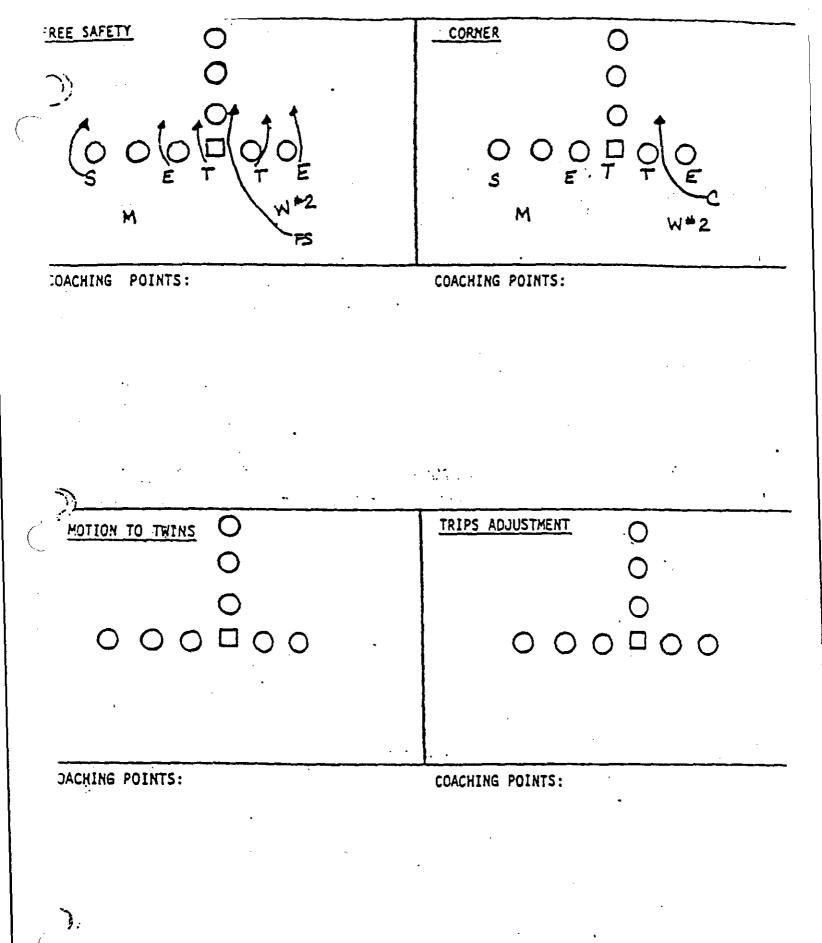
ADJUSTMENTS:

TWO TITE: RIGHT END MOVES TO A "7". WILL MOVES TO A "50".

						
COVERAGE CALLS:	2.6, 4.6, 2.3, 4. FLANKER MOTION -		BY SECONDA	ARY		
RUN STRONG-			RUN WEAK	О	$\bigcirc \rightarrow$	
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DROP BACK	, 1 0		FLOW PASS	D'i	 0	
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POSITION RT. END	ALIGN. 5	GO	TACKLE		RUN TO C GAP	RUN AWAY PURSUE	PASS PASS RUSH
LT. END	9	60	TIGHT END		ALLEY	PURSUE	PASS RUSH
RT. TACKLE	1	GO INSIDE	CENTER		A GAP	SOUSEZE	INSIDE RUSH
CI. IACKE	3	RIP ·	GUARD		B GAP	SOUEEZE	INSIDE RUSH
MIKE	50 10 STRONG	MAN BLITZ	3 STRONG	-	C GAP	SOUEEZE PURSUE PURSUE	3 STRONG BLITZ
WILL:	60	MAN	.2 WEAK		B GAP	SOUEEZE PURSUE	2 WEAK
ADJUSTMENTS	: BUMP ANY	MOTION		1	·	<u>:</u>	
COVERACE C	ALLS: COV					 .	
COVERAGE C	ALLS: COVE						
RUN STRONG		. 0		RUN WE	AK.	0 0	
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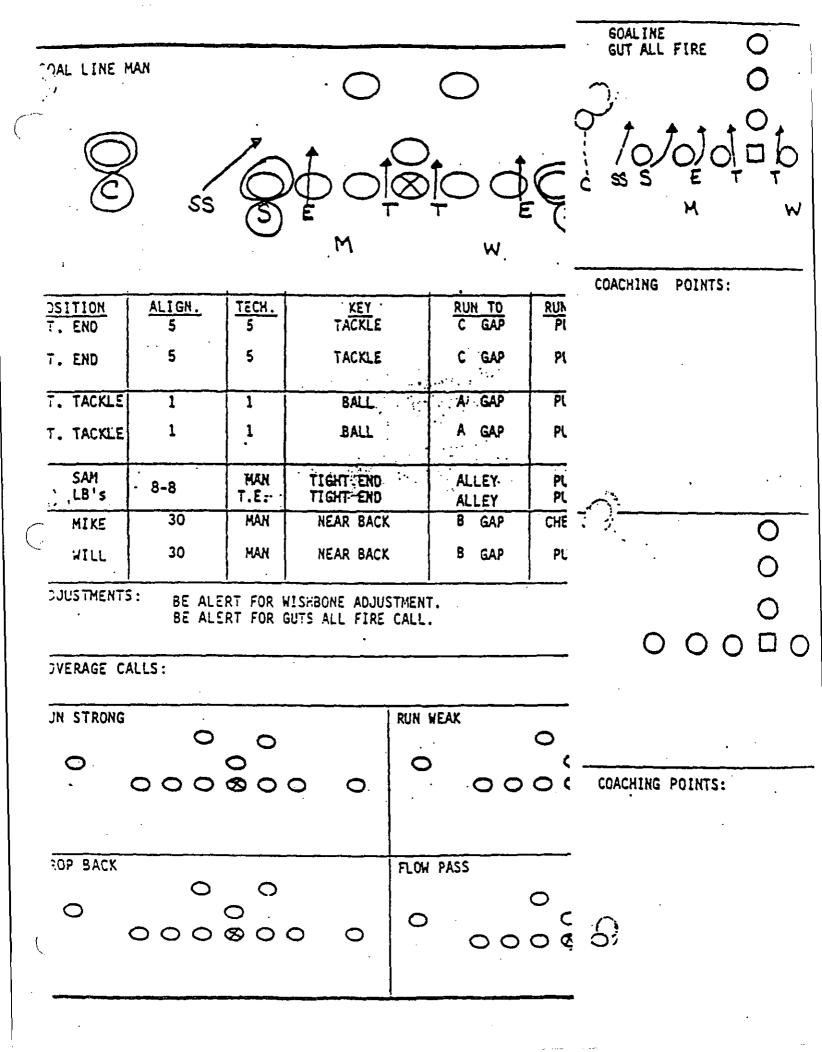


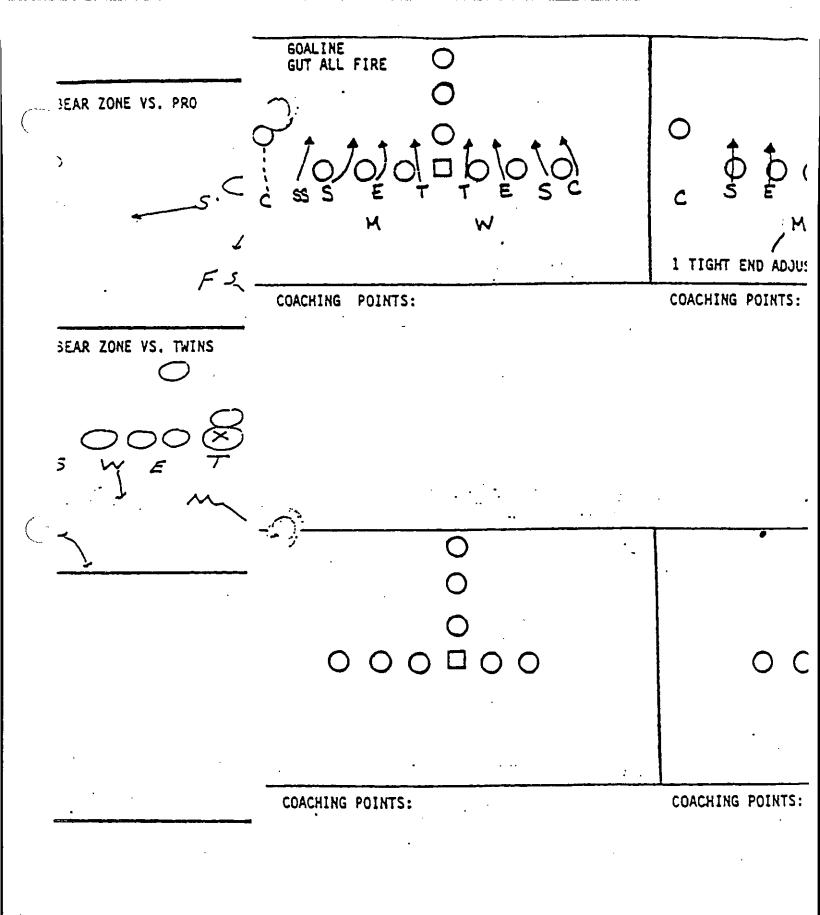
TWO TITE O DJUSTMENT	STACK STUNTS: O ALL STUNTS FROM CANES PACKAGES O 1. GAP/CRASH 2. DIVE 3. PINCH
	OOOO 5. SAM SHOOT
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CHING POINTS:	COACHING POINTS:
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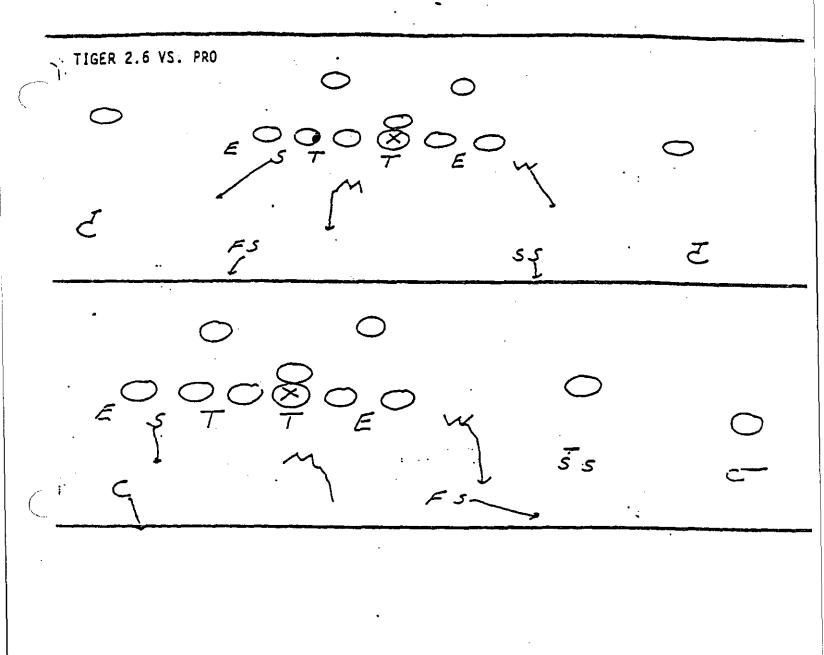
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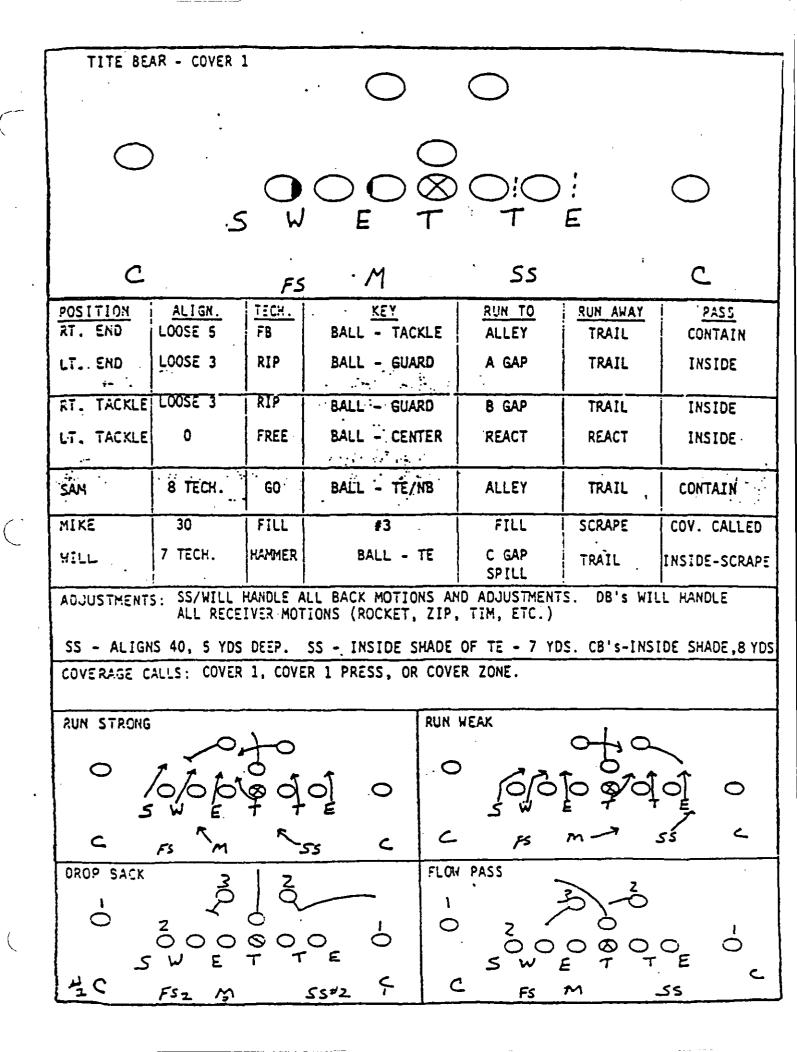
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	TION	ALIGN.	TECH.	<u>KEY</u> TACKLE	İ	RUN TO C GAP	RUN AWAY PURSUE	PASS CONTAIN RUSH
	END END	5 5	5	TACKLE		C GAP	PURSUE	CONTAIN RUSH
	TACKLE	1 GAP	1 GAP	BALL		A GAP	PURSUE	INSIDE RUSH
	TACKLE	1 GAP	1 GAP	BALL		A GAP	PURSUE	INSIDE RUSH
	SAM	9 '	9	TIGHT END STR	DNG	C GAP TO ALLEY	PURSUÉ	CONTAIN RUSH
<u>.</u>	HIKE	30	30	NEAR BACK	j	8 GAP	CHECK C GAP	COV. CALLED
	WILL	9	9	TIGHT END WEA	ık	TO ALLEY	PURSUE	COV. CALLED
	JSTMENTS: ERAGE CALLS:							
	STRONG	000	000	0	RUN		0 0	0 0
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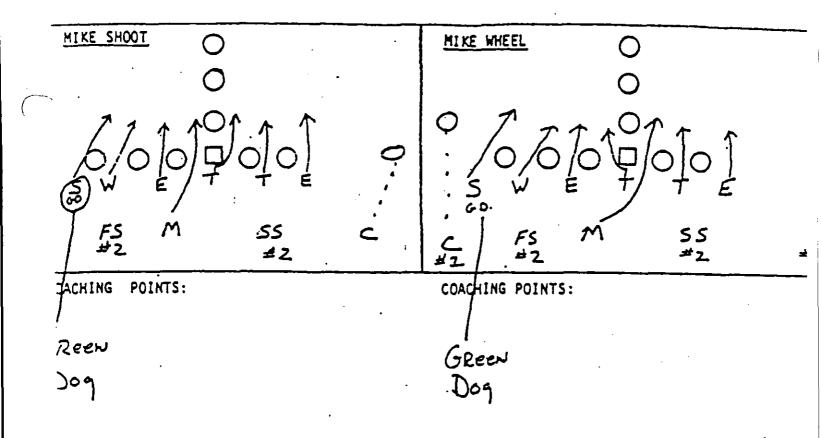




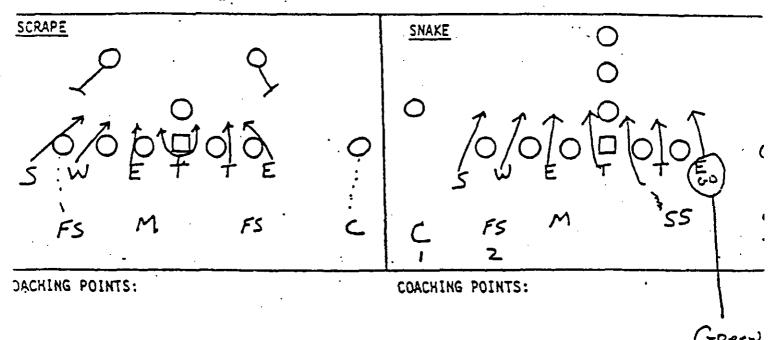


TITE BEAR COVER 1

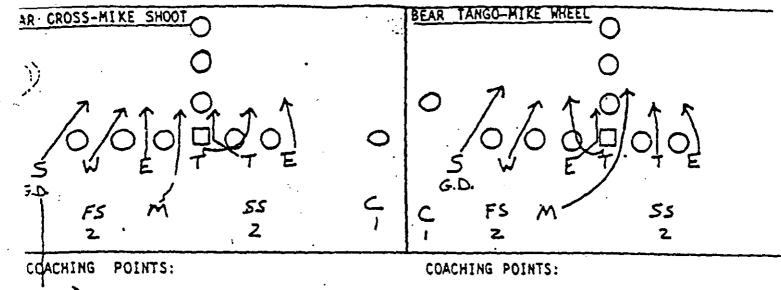
ALIGNMENT	KEY	RESPONSIBILITY
SAM 8 Technique	Ball	vs. Pass Contain
MIKE 30	Ball	Man to man on #3 Strong.
WILL		
7 Technique	Ball/TE	Stunt C Gap
ST. CORNER Inside shade 8 yards deep	Q8 to #1	Man to man on ≢1.
ST. SAFETY 40 5 yards deep	Ball to weak back	Man to man on #2 Weak, and all backfield motion.
FREE SAFETY Inside shade of TE 5 yds deep	T.E.	Man to man on #2 Strong.
WK. CORNER Inside shade 8 yards deep	QB to ∄1	Man to man on ≩l.

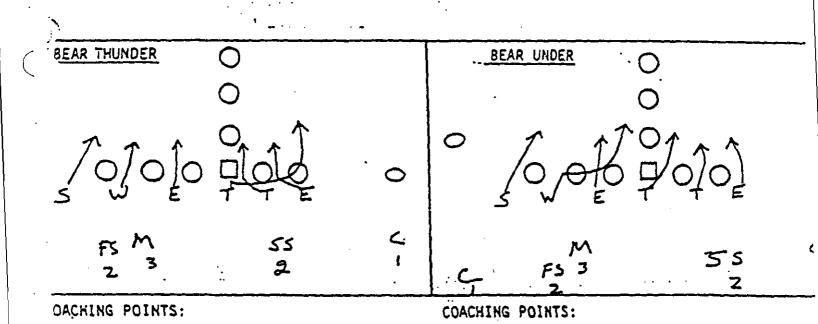


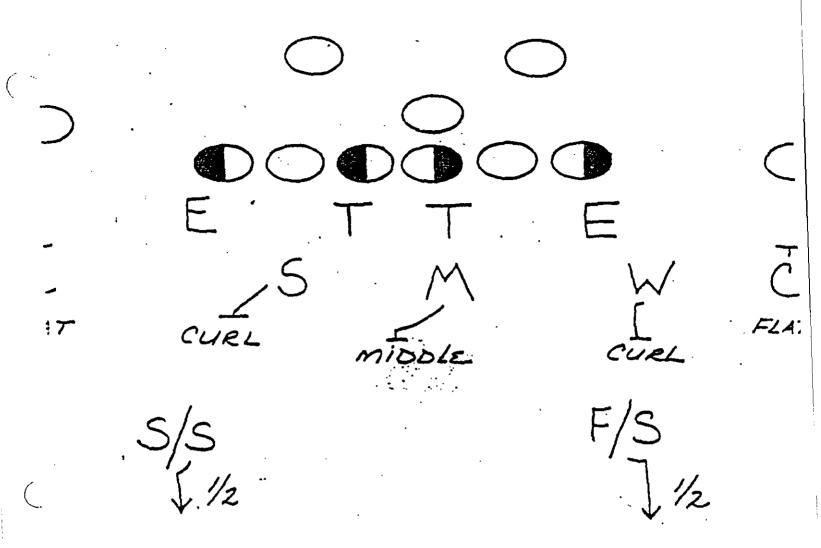
*MOTION TO ONE BACK END ALERT FOR GREEN DOG.



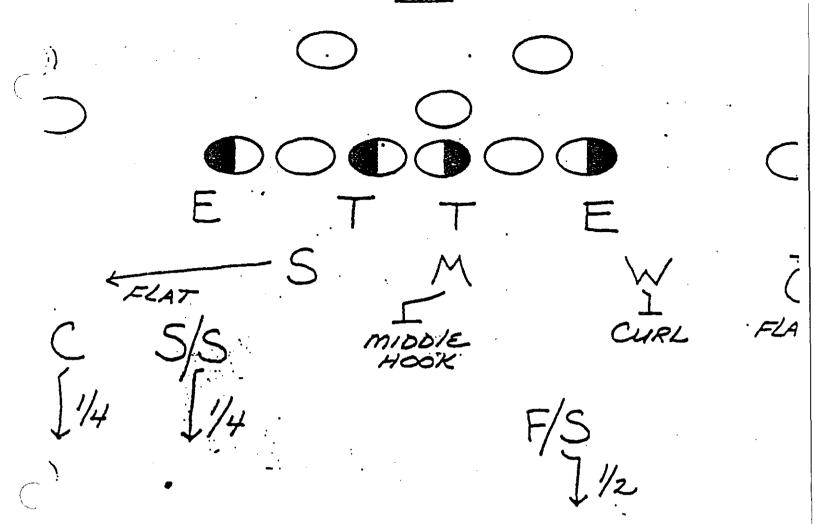
Green







Cover 2 is a 2 deep, 5 short zone coverage. Both safeties are responsible for one-half of the field. The corners and linebackers are responsible for the 5 underneath zones.



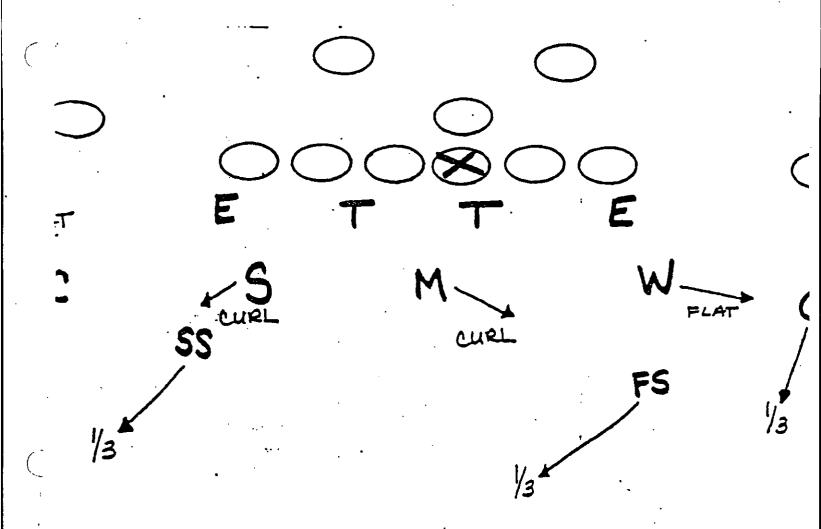
Cover 4 is the free safety and weak corner playing Cover 2, and the strong corner and strong safety playing &'s dependent on the route of #2 strong. It allows the strong safety to be a robber on inside routes of #1, and allows the strong corner to take away the outside seam route and post corner which hurt Cover 2.

COVER 4

ALIGNMENT KEY		RESPONSIBILITY		
<u>SAM</u> 50 - 60	Back Read Uncovered Lineman	Drop curl to flat. If #2 runs arrow, go directly to flat.		
MIKE 10 - 20	Back Uncovered Ball	Open strongside - work to middle of field 10-12 yards deep. If tight end releases inside, wall him off. Play Action: Get depth after fake for cross. Drop Back: Check tight end cross. If #3 goes up, you must go with him.		
MILL 60	Back Ball	Weakside curl 10-12 yards deep. If #2 goes up, run with him. Play Action away: Wall off tight end cross. Never drop outside hash.		
ST. CORNER Inside posi- tion and 7 yards deep	Bail to #1 Be aware of #2 Release & Route	Man on #1. If #2 runs arrow, work to outside man to man on #1. Align cover 2 - Rotate deep 1/4 on snap		
ST. SAFETY 1-4 yards outside #2 & 10 yds. deep	Ball to #2	Disguise, Cover 2 alignment. Key #2. If he comes up, you have #2. If #2 breaks out or under before 10 yards, settle and rob inside route of #1.		
FREE SAFETY On hash 12 yards deep	Ba11 to #2	Deep & responsibility. If #2 is up, maintain position and break on ball. If #2 blocks or is out, push off to #1.		
WK. CORNER Outside position and 5 yards deep	Ball to #2	Flat responsibility. Collision #1 and force hin inside. Clue #2. If #2 is out, sink for post corner and break up on arm. If #2 is up, get depth and take away outside seam from #1.		

COVER 3

ALIGNMENT	KEY	RESPONSIBILITY
<u>SAM</u> 50 - 60	Back Uncovered Lineman Ball	Strongside hook to curl, drop 10-12 yards. If tight end goes up, wall off, then continue on curl drop.
MIKE 10 - 20	Back Uncovered Lineman Ball	Open to weakside of passing strength. Work hook to curl 10-12 yards deep.
WILL 60	Back Ball	Weakside curl/flat drop - get under the out, no deeper than 8 yards. Read #2 release to dictate combination routes.
ST. CORNER Outside posi- tion and 8 yards deep	#1 to Bail Must.see #2 & #3 for total picture	Deep outside 1/3 responsibility. Play outside technique. See #2 for deep threat on out and up or flag.
ST. SAFETY 5 yards out- side and 5 yards deep	#2 to Ball	Curl to flat responsibility. Drop to curl and buy time-for Sam, then take away flat.
FREE SAFETY Middle of formation & 10 yds. deep	Ball through Weakside Lineman	Deep middle 1/3 responsibility. Read ball and quarter back. Think of post from #1 either side. Do not jump short crossing routes. Always read #2 Strong.
WK. CORNER Outside posi- tion and 8 yards deep	#1 to Ball See #2 for total picture	Deep outside 1/3 responsibility. Play outside tech- nique. See #2 for deep threat on out and up or flag. If free, look inside. *Ball on hash, play inside technique.

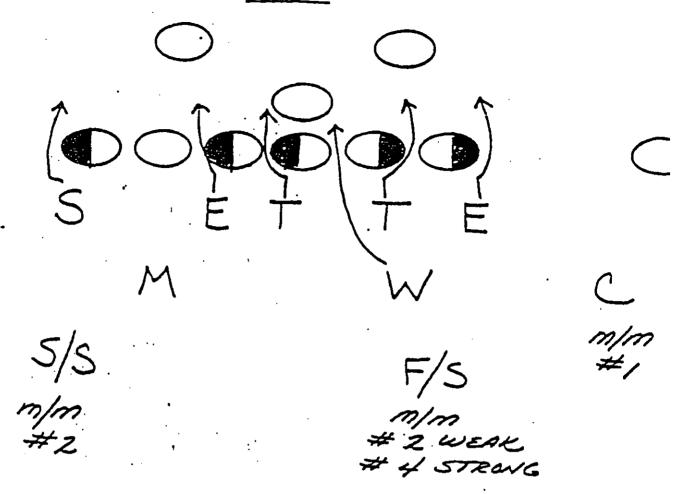


Cover 3 Cloud is a predetermined, 3 deep strong rotation coverage. The alignment will be a Cover 2 look, and then move to Cover 3 Cloud on the snap. The more the coverage looks like Cover 2 on alignment, the more effective it will be. On back motion to trips, Linebacker must cover down like Cover 2 rules.

ALIGNMENT	KEY	RESPONSIBILITY
<u>SAM</u> 50 - 60	Back Uncovered Lineman Sall	Strongside hook to curl, drop 10-12 yards. If tig end goes up, wall off, then continue on curl drop.
MIKE 10 - 20	Back Uncovered Lineman Bail	Open to weakside of passing strength. Work hook to curl 10-12 yards deep.
WILL 60	Back Ball	Weakside curl to flat drop - get under the out, no deeper than 8 yards. Read #2 for combination.
ST. CORNER Outside posi- tion and 5 yards deep	#1 to Ball See #2 & #3 for total picture	Flat responsibility. Collision #1 and force him inside; then clue #2 and #3. If #1 and #2 are up, get depth. If #3 flares, break up on arm. If #2 is out, jump him quick.
ST. SAFETY On hash 12 yards deep	#2 to Ball Clue #1 on rotation	Deep outside 1/3. Run to responsibility and play like strong corner in Cover 3.
FREE SAFETY On hash 12 yards deep	Through weakside line- man to ball	Deep middle 1/3. Run to responsibility and play Cover 3.
WK. CORNER 1 yard out- side and 5 yards deep	#1 to Ball See #2 for total picture	Deep outside 1/3. Cover 2, look on alignment, and then play Cover 3 on snap.

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Cover 4 is a blitz coverage with inside man to man technique. It is run from a Cover 2 look. Weak corner, Will or free safety can run the stunt. If the safety is called, Will has #2 man to man. If the corner is called, Will has #2 and free safety has #1.

COVER O

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AL I GNMENT	KEY .	RESPONSIBILITY
SAM	1	
9 Loose	, Ball	Contain rush on football.
	-	
MIKE 50	#3 Strong	Cover #3 out strong man to man. If trips strong, take remaining back.
WILL 30	Ball	Blitz called
ST. CORNER	·	
Outside posi- tion and 5-7 yards deep	. #1 .*	Man to man on \$1. Back pedal to inside position and play inside man to man technique on \$1.
ST. SAFETY		
Outside posi- tion on #2 & 10 yds. deep	∄2	Man to man on #2. Approach line of scrimmage on snar. Play inside man to man technique on #2.
FREE SAFETY		1 · · · · · ·
Outside posi- tion on #2 & 10 yds. deep	# 2	Man to man on #2. Approach line of scrimmage on snap. Play inside man to man technique on #2. If trips, take #3. Could be combo with strong safety. Alert for safety call on Blitz.
WK. CORNER		
Outside posi- tion and 5-7 yards deep	#1	Man to man on #1. Back_pedal to inside position and play inside man to man technique on #1. Alert for corner call on Blitz.

THE WINNING EDGE

- SAVE TIME: Ball carrier out of bounds in and out of huddles, save one time out for field goal.
- 2. KILL TIME: Get up slow

 1st Down Use all time possible
 2nd Down Don't snap ball take penalty
 3rd Down Use all time possible
 4th Down Take one penalty

If you want to give safety, take ball and frun around. Do not be tackled and fumble. Step out of End Zone or put knee down before being tackled.

- 3. If you lose the ball on fumbles, oskies, fail to score after a drive, or get any type of bad break, you must be doubly tough on defense to overcome the psychological letdown.
- 4. If a lineman partially blocks a punt and it then crosses the line of scrimmage, is it a free ball? Suppose it goes high in the air and you are across the line of scrimmage with an opportunity to catch the ball among several others, what do you do?
- 5. What does "Peter" mean?
- When we have a punt return, be sure the ball is kicked before rolling back for the return.
- 7. What is the rule for an onside kick-off? Can you fair catch an onside kick?
- 8. What is the rule on a punt rolling inside the ten yard line Down it.
- 9. In a close game, don't be offside on a field goal or extra point. It may give them a first down or ly yards to go for a two point try.
- 10. Don't rough the kicker or holder on place kicks:
 - A. Kick Bad Another try.

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- B. Kick Good 15 yard penalty on ensuing kick-off.
- C. Know where the blocking spot is.
- Play Pass Linemen, when you lose contact of a block downfield, drop to the ground.

THE WINNING EDGE

- 1. Do not touch a man who has signaled for a fair catch he cannot advance the ball, <u>BUT</u> he <u>CAN</u> fumble it. If he is close to the goal line, someone get behind him in case he is faking.
- 2. Do you have to catch the ball after signaling a fair catch?
- 3. After signaling for a fair catch, can you let the ball go and block?
- 4. If one defensive Halfback signals for a fair catch and another catches, it, can be advance the ball?
- 5. If we block a punt on third down fall on it; on fourth down try to scoop it.
- When they throw an incomplete pass to a flare man behind the line of scrimmage, it is always a fumble as far as the defense is concerned.
- You are going after a fumble you can knock an opponent off to get the ball, but you can't grab him and pull him.
- 8. When there is a strong wind blowing, you must always be aware of time left in periods to take advantage of kicking situations.
- Just before half, or the end of the game when we are ahead, we are just trying to keep them from scoring, not gaining ground.
- Fumbles on the goal line. Defense always alert on fourth down. Weak side end always looking for fumbles on offense.
- 11. If we are ahead in game in the last minutes and we intercept a pass, your first responsibility is to stay in bounds and not to be tackled to avoid a fumble.

LEADERSHIP OFFSETS ADVERSITY

After a bad break, be alert for a long gain type of play.

Four games are lost for every one that is won. Avoid losing, then try to win.

Second effort should be a part of your personality.

Field Position.

DOWN AND DISTANCE THEORY (Cont'd)

F. 3rd Down and Medium 4, 5, 6 yards to go

We regard this situation in theory the same as 2nd Down and normal, but whatever the offense selects to run against us, we must hold them to less than 6 yards to force them into a kicking situation.

G. 3rd Down and Long 7 or more yards to go

In this situation we find through percentages that most of our opponents tend to rely upon their passing game more frequently than their running game. With this in mind we will select one of our defenses that is designed to give us maximum pass coverage. In other instances, we may select one of our blitzing defenses to cause the opposing quarterback to suffer from undue pressure, thus disturbing the timing of their passing attack.

COVER 2 STRONG SAFETY & CORNER TECHNIQUE

Align 1 yard outside and 2-6 yards off of wide receiver and facing inside. Look through receiver to the ball. If run flow is to you, use one of the following techniques:

- 1. Speed Technique Outrum receiver inside and contain.
- 2. Outside Force Meet receiver outside-in, then move around him quickly and force back inside.
- Outside Fake Make an upfield move to receiver's outside and make him commit. Then beat him with an inside move.
- 4. Grab and Pull Hand shiver receiver head up. Then pull and swim over either inside or outside.

After you have cleared the block of the receiver, take on force hard and you must turn the ball inside.

If run flow is away, start back giving ground and holding a position on receiver for play pass. After run is definitely away, take proper pursuit angle. You will be the last man for run support.

If it is pass, either DBP or flow pass to you, you must contact receiver and funnel him inside looking for #2. If #2 remains up, you should squeeze receiver inside looking for any threat coming back at you from the inside. When you lose contact with receiver and you have no inside threat, you must sink back so the post-corner route must be thrown over you and underneath the safety.

If the receiver releases outside so wide that he cannot be funneled inside, you must contact him with hands and force him outside; then roll back inside, getting depth with receiver, taking away whole route. If #2 breaks outside, you must level and play #2.

If you have pass flow away, you must get depth with receiver and play him like man to man, keeping inside position, if possible.

TERMINOLOGY

- Eagle adjustment to tight end side. CALLES

- 3 technique adjustment to 4 technique, and 9 technique WIDE

adjustment to 8 technique.

- Eagle adjustment to split end side. TIGHT

- Defensive back substitution for linebacker (5 defensive NICKEL

backs).

- Tackles adjustment to 1 technique; ends adjustment to 5 CANES TUFF technique and Sam adjustment to 9 technique.

- Aggressive outside stunt by Will linebacker; spy tech-HARD

nique by end.

SPY TECHNIQUE - Defensive end comes on slow rush, checking backfield

action.

Your first responsibility is quick containment.

If back flares your side, you have him man to man

all the way down the field.

3. If back sets up or goes away, check screens and draws.

- Aggressive inside stunt through 5 gap by end on tight end **FULLBACK**

side.

- Call used to designate pass rush. GO

- Stunt by designated linebacker. TOOHZ

- Direction in which the ball goes. FLOW

- Full flow with a dive threat. HARD FLOW

- Full flow without a dive threat. FAST FLOW

- Side of the formation which designates strength. STRONGSIDE

strength to tight end; pass to receiver.

- Pass interception call. OSKIE

- Aggressive inside charge by 5 technique end. GAP

- Stunt between the tackles. EROSS TWIST

- Stunt between end and tackle away from strength call. THIST

CHANGE CARROL - Stunt between end and tackle away from strength call.

- Aggressive outside stunt by Will linebacker. CRASH

TERMINOLOGY Continued

ВС

- Corner to short side of field on hash.
- Ball in middle, he aligns to one receiver side.

FC

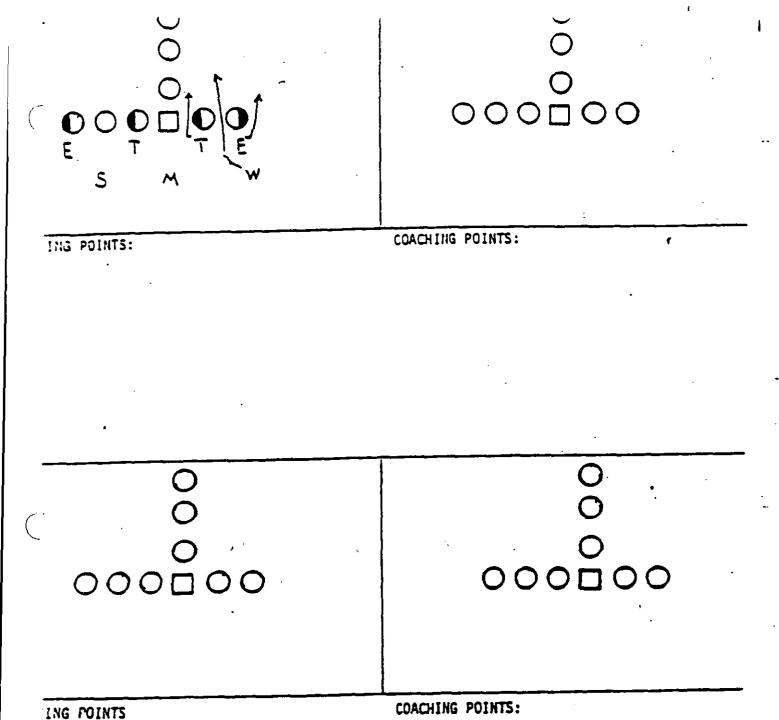
- Corner to wide side of field when ball is on hash.
- Ball in middle, he lines up to two receiver side.

HASH CALL

- Call made by Strong Safety if ball is within 3 yards of hash mark.

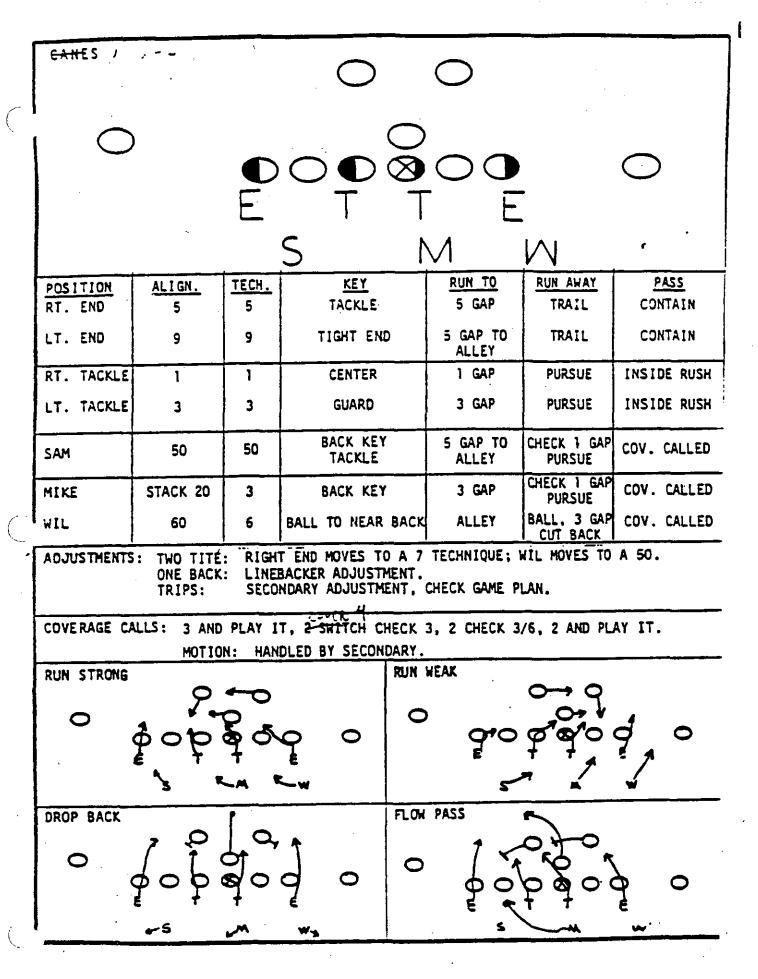
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- Call made by Corner signifying delay by Receiver.



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POSITION RT. END	ALIGN.	TECH.	<u>KEY</u> TACKLE		RUN TO 5 GAP	RUN AWAY TRAIL	PASS CONTAIN RUSH
LT. END	8	8	TIGHT EN	D	ALLEY .	TRAIL	CONTAIN RUSH
RT. TACKLE	1	1	CENTER	 .	1 GAP	1 GAP	INSIDE RUSH
LT. TACKLE	4	4	GUARD		3 GAP	3 GAP	INSIDE RUSH
SAM	60	60	NEAR BACK		5 GAP	FOLD 1 GAP STG.	COV. CALLED
MIKE	10 STRONG	10 STR	NEAR BAC	K	1 GAP	3 GAP TO. BALL	COV. CALLED
WIL	. 50	50	NEAR BACK		ALLEY	3 GAP TO BALL	COV. CALLED
ADJUSTMENTS: TWO TITE: RIGHT END MOVES TO A 7 TECHNIQUE; WIL MOVES TO A 50. ONE BACK BALANCED: SAME AS TWO TITE. TRIPS: SECUNDARY ADJUSTMENT, CHECK GAME PLAN.							
COVERAGE CA	ALLS: 3 AN MOTI		T; 2 SWITCH DLED BY SECO			3/6, 2 AND P	PLAY IT.
RUN STRONG RUN WEAK							
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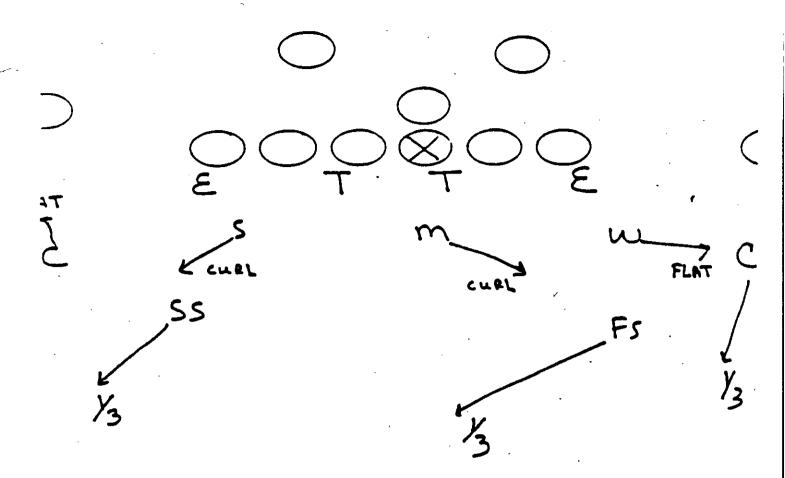


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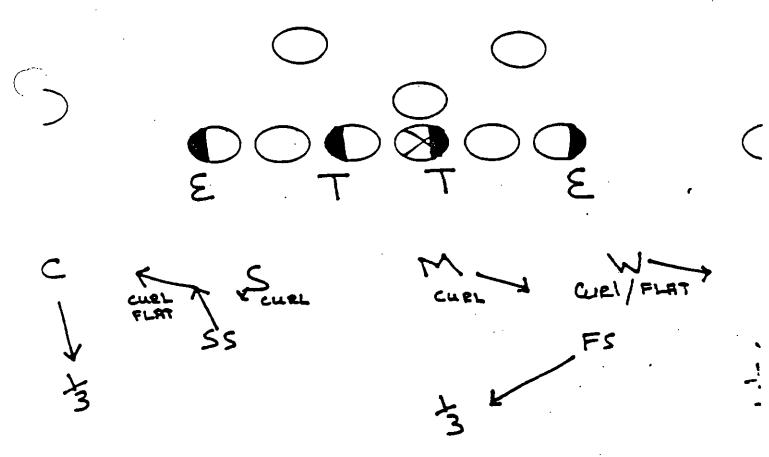
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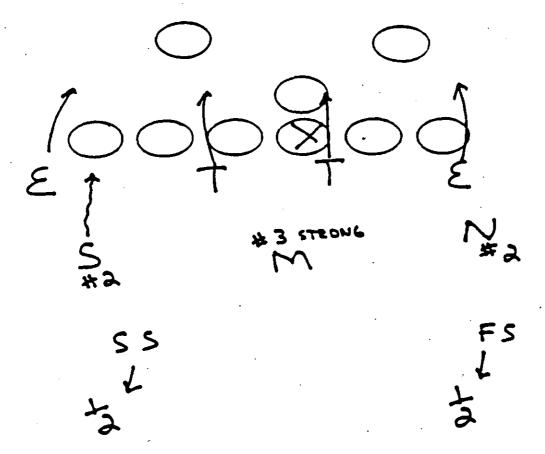
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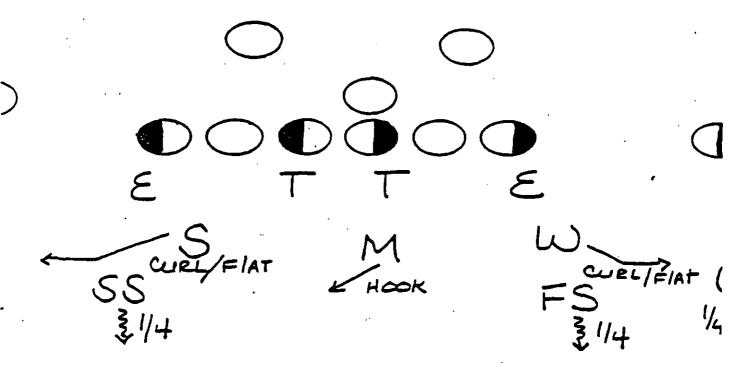
Cover 3 Cloud is a predetermined, 3 deep strong rotation coverage. The alignment will be a Cover 2 look, and then move to Cover 3 Cloud on the snap. The more the coverage looks like Cover 2 on alignment, the more effective it will be. On back motion to trips, Linebacker must cover down like Cover 2 rules.



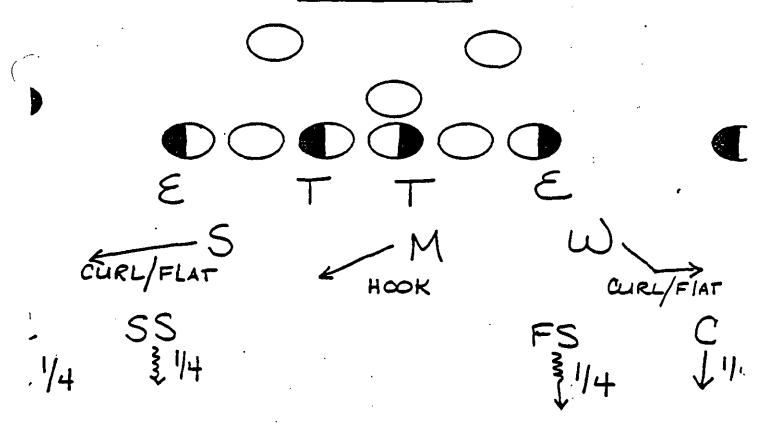
Cover 3 is a 3 deep strongside coverage. There are 3 deep zones with 4 short zones underneath. Strong Safety makes curl or flat call depending on game situation.



This is a 2 deep zone with 5 underneath man to man coverage. Safeties each play one-half of the field, and corners and linebackers play man to man with inside technique. Normally used with nickel package.

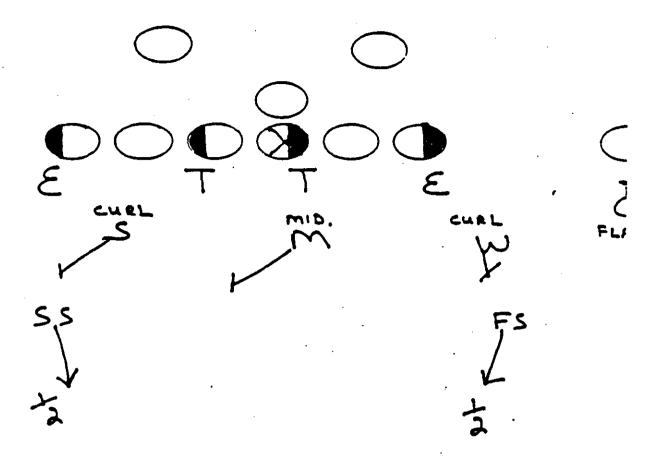


Cover 2 Double Switch Funnel is an adjustment off of Double Switch Coverage. The corners move to outside positions on #1 and invite inside releases by the wide-outs. Used inside the 15 yardline.

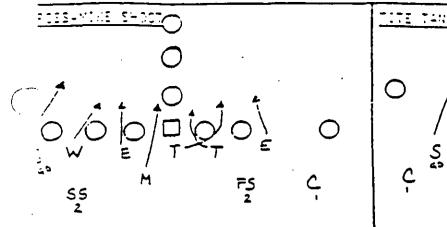


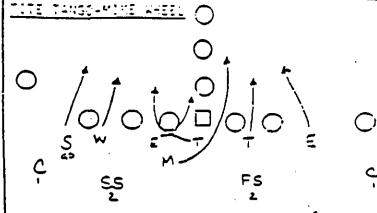
Cover 2 Double Switch is a double robber coverage. It is simply Cover 2 Switch played on both sides.

ALIGNMENT	KEY	RESPONSIBILITY
<u>SAM</u> 50 - 60	Back Uncovered Lineman Ball	Open strong wall off tight end while working to curl 10-12 yards. If tight end goes up, run with him. Be alert for #3 out strong.
MIKE 10 - 20	Back Uncovered Lineman Ball	Open strong, work to middle of field 10-12 yards deep. Check for back delays, screens. Drop Back: Look to wall, tight end. Play Action: Get depth. If #3 goes up strong, run with him.
WILL 60	Back Ball	Weakside curl 10-12 yards deep. If #2 goes up, run with him. Play Action away: Look for tight end cross
ST. CORNER Outside position and 5 yards deep	<pre>#1 to Ball. See #2 & #3 for total picture.</pre>	Flat responsibility. Collision #1 and force him inside Clue #2. If #2 is out, sink for post corner and breakup on arm. If #2 is up, get depth and take away outside seam from #1.
ST. SAFETY On hash 12 yards deep	#2 to Ball. See #1 & #3 for total picture.	Deep & responsibility. If #2 or #3 are up, maintain position and break on ball. If #2 is out and not #3, lean on #1.
FREE SAFETY On hash 12 yards deep	Ball through weakside line- man. See #1 & #2 for total picture.	Deep 4 responsibility. If #2 is up, maintain positio and break on ball. If #2 blocks or is out, lean on # Do not forget #2 or #3 strong.
WK. CORNER Outside position and 5 yards deep	#1 to Ball. See #2 & #3 for total picture.	Flat responsibility. Collision #1 and force him inside. Clue #2. If #2 is out, sink for post corner and break up on arm. If #2 is up, get depth and take away outside seam from #1. Play Action away: Lock on #1 - Dog technique.



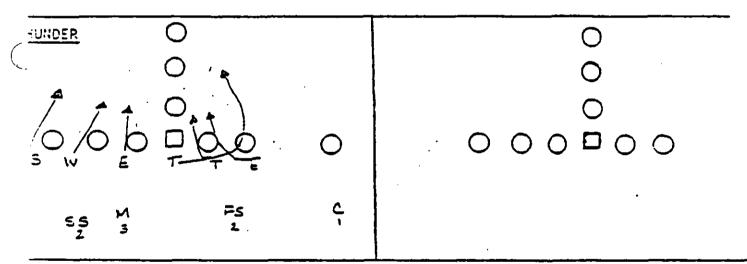
Cover 2 is a 2 deep, 5 short zone coverage. Both safeties are responsible for one-half of the field. The corners and linebackers are responsible for the 5 underneath zones.





HING POINTS:

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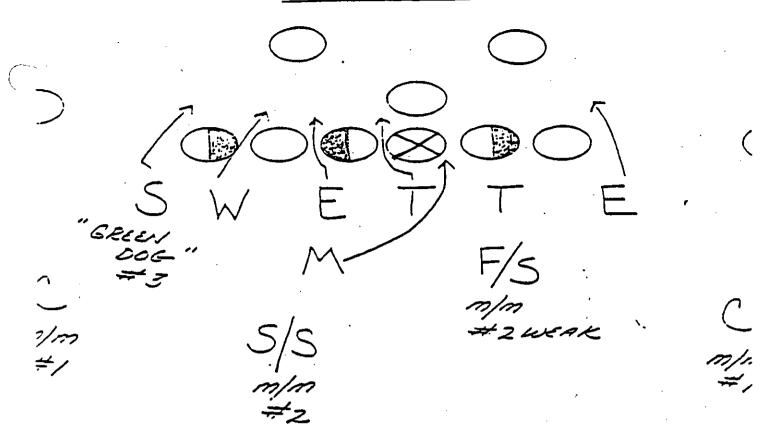


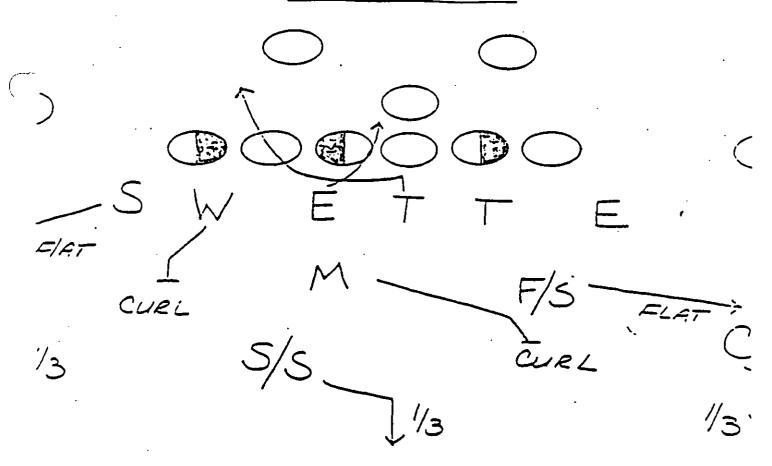
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TITE 8548 MINE WHEEL - COVER 1





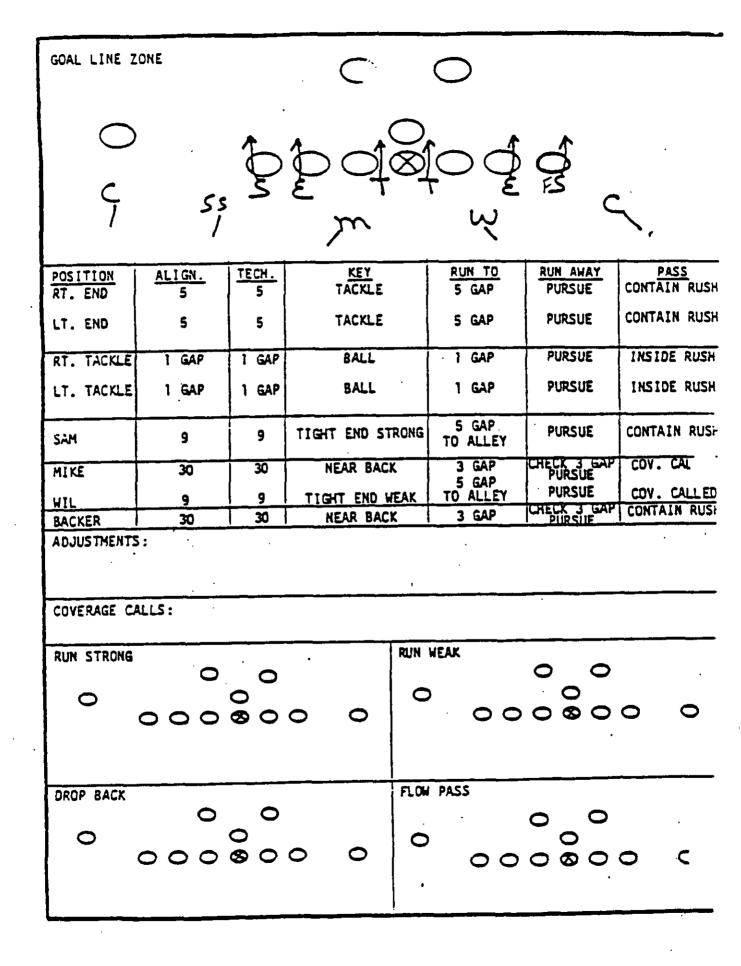
Cover zone is a coverage used with our Tite Bear front that gives us a 3 deep zone coverage. Used as a change up to tight Bear Blitz package.

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د		SS	М		FS		c '	
217198 . END . END	ALIGN. LOOSE 5 LOOSE 3	FB RIP	REY BALL - TACKLE BALL - GUARD	Ε	ALLEY 3 GAP	RUN AWAY TRAIL TRAIL	PASS CONTAIN INSIDE	
. TACKLE	L005E 3	RIP .	BALL - GUARD BALL - CENTER	?	3 GAP REACT	TRAIL REACT,	INSIDE SCIENI	
<u>:</u>	8 ТЕСН	GO	BALL - TE/NS		ALLEY	TRAIL	CONTAIN	
-	3C 7 TECH	FILL HAMMER	F3 BALL - TE		FILL 5 GAP SPILL	SCRAPE TRAIL	COV. CALLED INSIDE-SCRAPE	
- 41153	JUSTMENTS: FS/WILL HANDLE ALL BACK MOTIONS AND ADJUSTMENTS. DB's WILL HANDLE ALL RECEIVER MOTIONS (ROCKET, ZIP, TIM, ETC.) - ALIGNS 40, 5 YOS DEEP. SS - INSIDE SHADE OF TE-7 YDS. CS's-INSIDE SHADE, BYDS JERAGE CALLS: COVER 1, COVER 1 PRESS, OR COVER ZONE.							
RUN WEAK PROPORTION OF THE CONTRACT OF THE PROPORTION OF THE CONTRACT OF THE								
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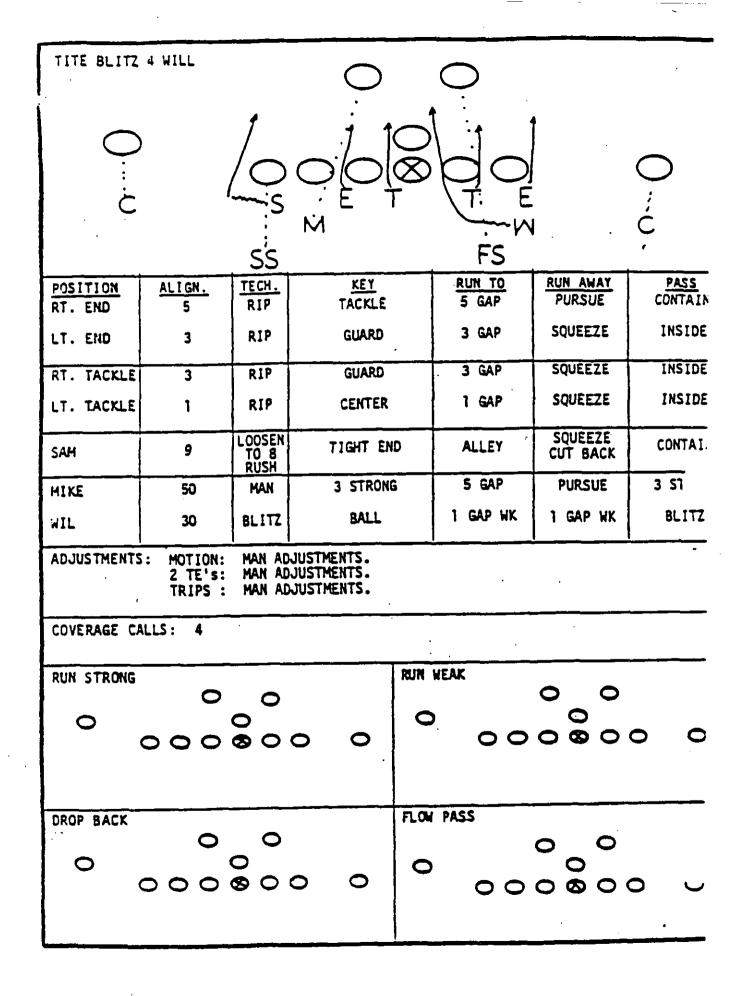
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GOAL LINE GUT ALL FIRE O SS SO O D D D D D D D D D D D D D D D D	1 TIGHT END ADJUSTMENT - GAP CRASH
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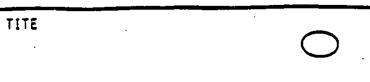
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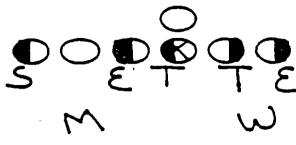


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RT. TACKLE	1	1	CENTER		1 GAP	PURSUE	INSID	E RUSH
LT. TACKLE	3	3	GUARD		3 GAP	PURSUE	INSID	E RUSH
SAM	50	50	BACK KEY THR	U TKL	5 GAP TO ALLEY	CHECK 1 GAP PURSUE	cov.	CALLED
MIKE	10 STRONG	1	BACK KEY		1 STRONG	CK.1; PURSUE	COV.	CAL
WIL	40 WEAK	4	BACK KEY	•	3 GAP	CK.3; PURSUE		
X-BACKER	60	<u> </u>	BALL TO NEAR			BALL, CUTBACI		
ADJUSTMENTS		TO 2nd	ACKERS ALIGN I 1 TE; ALIGNS S ACKERS ADJUST DARY AND LINES	TECT	i, ALSO HANDI	LES TIM MOTIO	ON.	Justs
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POSITION RT. END	ALIGN.	TECH.	KEY TACKLE		RUN_TO 5 GAP	RUN AWAY SQUEEZE	PASS CONTAIN
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RT. TACKLE	3	3	GUARD		3 GAP	SQUEEZE	INSIDE
LT. TACKLE	1	TWIST	CENTER		3 GAP	SQUEEZE	CONTAIN
SAH	9	9	TIGHT EN	D	ALLEY.	SQUEEZE CUT BACK	COV. CALLI
MIKE	50	5	TACKLE		5 GAP	PURSUE	COV. Ch
WIL	30	30	BACK	1	1 GAP	PURSUE	COV. CALLI
ADJUSTMENTS	ADJUSTMENTS: MOTION: SECONDARY ADJUSTMENTS. 2 TE's: 5 TECHNIQUE END MOVES TO 7 TECHNIQUE. TRIPS: SECONDARY ADJUSTMENTS.						
COVERAGE CALLS: 2 SWITCH CHECK 3.							
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POSITION	ALIGN.	TECH.	KEY TACKLE	RUN TO	RUN AWAY	PASS
RT. END	5 TECH	5	TACKLE	5 GAP-ALLEY	TRAIL	CONTAIN
LT. END	3 TECH	3	GUARD	3 GAP	TRAIL	CONTAIN
RT. TACKLE	3	3	GUARD	. 3 GAP	SQUEEZE	INSIDE
LT. TACKLE	1 .	1	CENTER	1 GAP	SQUEEZE	INSIDE
SAM	9	9	TIGHT END	ALLEY	SQUEEZE CUT BACK	RUSH OF:
MIKE	50	5	BACK	5 GAP	1 GAP WK	COV. C.
WIL	30	3	BACK	1 GAP-ALLEY	1 GAP	COV. CALL

ADJUSTMENTS: 2 TE'S: NORMAL 7 TECHNIQUE ADJUSTMENT BY END AND WILL.

COVERAGE CALLS: 2/3; 25/3; 4 - WILL, FREE SAFETY, CORNER; 5 - SNAKE.

RUN STRONG ODE PO	RUN WEAK
DROP BACK	FLOW PASS