

4-3

TEXAS
HIGH SCHOOL

DEFENSIVE NOTEBOOK

THE IMPORTANCE OF DEFENSE

"If they can't score, they can't beat you"

I. The Defense Can Score 7 Ways:

- 1.) Intercepted Pass
- 2.) Return Punt
- 3.) Blocked Punt
- 4.) Recover Fumble
- 5.) Safety
- 6.) Cover Kick Off
- 7.) Return Field Goal

II. The Offense Can Score 4 Ways:

- 1.) Run
- 2.) Pass
- 3.) Field Goal
- 4.) Kick Off

III. Defensive scores are not "Breaks of the Game."

- 1.) You have to KNOW what to do.
- 2.) You have to work HARD on it - - - not just talk about it.

IV. Each team will get possession of the ball approximately 12 different times per game. If we can recover 2 fumbles and intercept 2 passes, we have cut their chances of scoring 33%.

- 1.) Each time they lost the ball without a punt the defense has picked up approximately 35 yards - - - 4 of these are 140 yards. We wont have anything like a 35 yard average on any of our offensive plays.
- 2.) If we work on punt returns we should average 8 to 10 yards each and maybe one all the way. In any event a 10 yard average on a play is more than we will get on any offensive play we have.

3.) We must field every punt we can safely.

A. We not only get the Yardage

B. We also save the Yardage if we should get a bad roll.

BE AN IMPORTANT MEMBER OF A GREAT DEFENSIVE UNIT

KNOW YOUR JOB!

GO ALL OUT TO DO IT!

DEFENSIVE NOTEBOOK

Our basic defensive alignment will be four downmen, three linebackers and a four-spoke secondary.

Our downmen will play basically a two technique, and a six or five technique.

Our linebackers will be playing over the offensive tackles and center. At times they will play a nine technique and at other times they will be in a stacked position behind a three or five technique.

Our secondary will be a four-spoke secondary, with a strong safety, weak safety, and two cornerbacks. The strong safety and weak safety will flop with the strong safety flipping to the strength of the formation. (quick)

Ninety-five per cent of the time we want to play 4 - 3 regular and work on our technique until we get perfect, so we can get the great pursuit we feel like we lose if we are in a stunting defense.

DEFENSIVE PHILOSOPHY

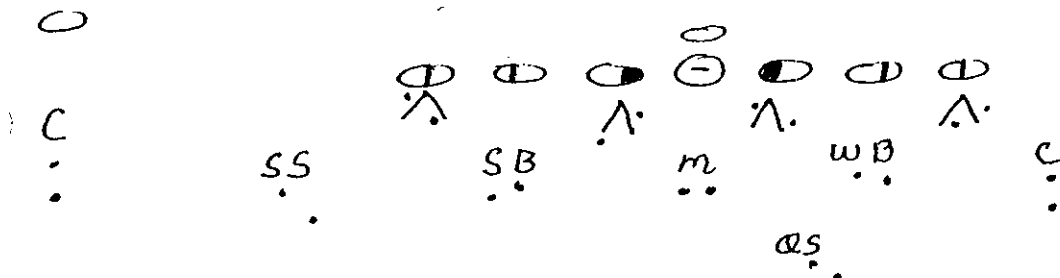
1. Simplicity
2. Flexibility
3. Agressiveness
4. Enthusiasm
5. Elimination of mistakes through repetition
6. Togetherness
7. Positiveness
8. Mental and physical toughness

The things we must have are:

- (1) Explosion - *Separation*
- (2) Control line of scrimmage
- (3) Reaction
- (4) Pursuit and gang tackling

- 1) **Keep the game simple** -- let the players play on ability
- 2) **Adjust** -- Put players in position to make plays
- 3) **Play Attack Football** -- Read on the run, attack blockers on the snap of the ball and create a new line of scrimmage
- 4) **Stop the north-south run** -- Be strong in the A - B - C gaps, make the ball go east and west
- 5) **Play Situation Defense** -- Down and distance tendencies,
Run - Pass situations
- 6) **Teaching Progression:**
 - a. Adjust
 - b. Taking on blocker
 - c. Separation
 - d. Run to ball
 - e. Tackle
- 7) **SPEED!!!** -- #1 ingredient in a great Defense, "You either have speed or your chasing it."
- 8) **Morale** -- One Heartbeat, make it fun!

8



STUNTS OR ALIGNMENT

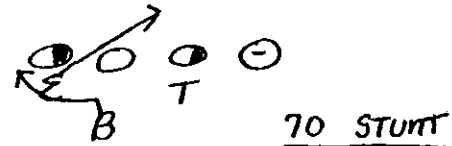
Strong Side Stunts

1. 70 STUNT

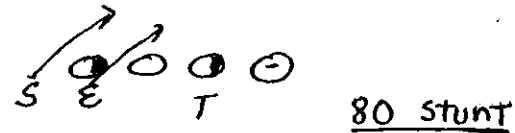
a) End Moves Slightly Inside

Charge @ Angle to hit near back behind LOS

b) LB Steps slightly to outside on snap of ball reading Tackle. If Tackle blocks out on end - LB fills the 5 gap. Otherwise he scraps outside end on flow to him - flow away - play as always. Has QB to pitch on opt.



2. 80 STUNT



a) End moves to 7 - Runs 70

b) SB moves to 8 - Comes on snap of ball.

3. SOLID

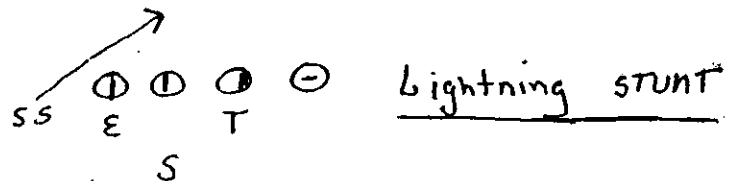


a) End moves to a 5

b) SB in Tight 9

4. LIGHTNING

a) SS moves to 8 - Comes on snap of ball



b) Sec plays Cover 3

5. 71 STUNT

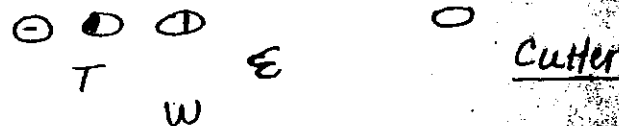
a) End lines up 6 and comes through heel of tackle - has QB on opt.



WEAK SIDE OR SE STUNTS

1. Cutter Alignment

- End stands up and
Keys near Back
- Lines up as if there
was a TE his side.
Outside foot slight back.



2. Stack Alignment

- End moves down to
Tight 5
- Willie Stack behind end.
has QB on opt.



3. STORM

- End moves to inside
4 and runs 40 stunt
- Willie lines up on end of LOS
and comes
- If TE that side - Turns into
a 40 under



Alert C.B. weak!

4. 51

- move to Stack alignment
- Willie comes through 5
gap on snap of ball
- Call off when TE weak.
Go back to 4-3 regular.



5. Weak 70 - Same as strong 70

6. Weak Solid - Same as strong solid

7. Weak 71 - Same as Strong 71

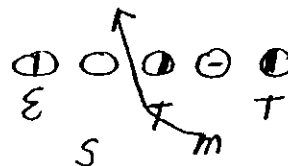
8. Weak 80 - Same as Strong 80

9. Weak Lightning by Def back.

MIDDLE STUNTS

1) STRONG X

- Mike Runs through
Strong 3 gap on snap of ball
- Must run a stunt on back side
to cover up weak 3 gap for Mike (Ex: Weak 70)

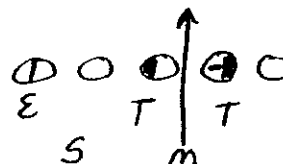


Strong X

2) WEAK X - Same Stunt to weak side

3) Mike Fire

- 2's Slide strong to a 3
and outside shade on Center
- Mike moves over to strong 1 gap and
comes on snap of ball
- Weak end moves to a tight 5
- Must call off if have TE weak
or Run 40 under from solid



Mike Fire
(Auto Weak 70)

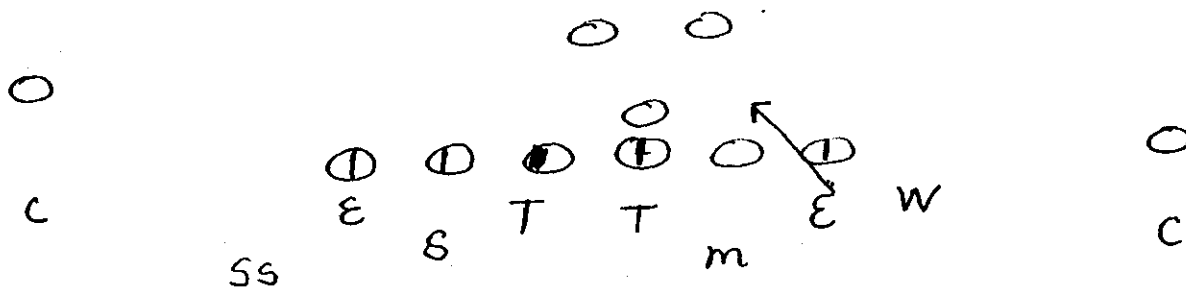
4) RUSH

- 2 move head up and take 3 gaps
on snap of ball
- Mike takes Strong 1 gap
- Willie takes weak 1 gap
- End on weak side runs 71 Stunt. If SE that
side - line up in cutter and play 4-3 Reg.



Rush

SLIDE DEFENSE



If TE weak - W lines up in Tight 9 end runs 40 under in slide on weak side

STUNTS AND ALIGNMENTS

STRONG SIDE

- 1) 70
- 2) 80
- 3) SOLID
- 4) LIGHTNING

MIDDLE

- 1) SLIDE X

WEAK

- 1) STORM - TE
weak becomes 40 under

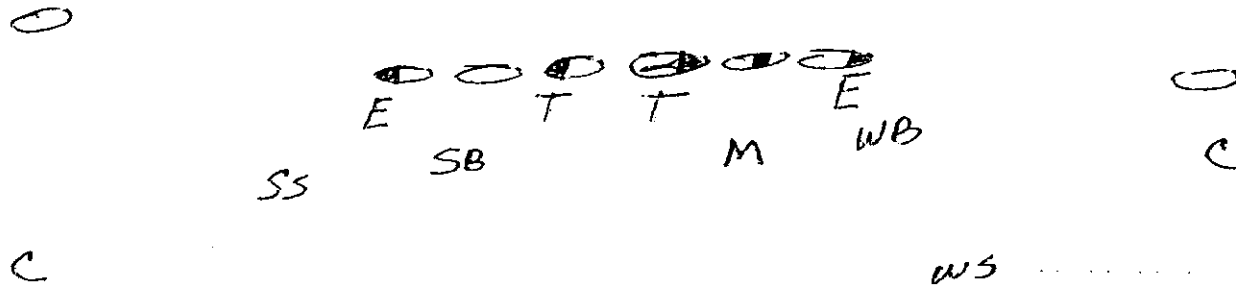
In SLIDE DEFENSE the Mike plays pass just like the Willie in 4-3 regular.

SLIDE

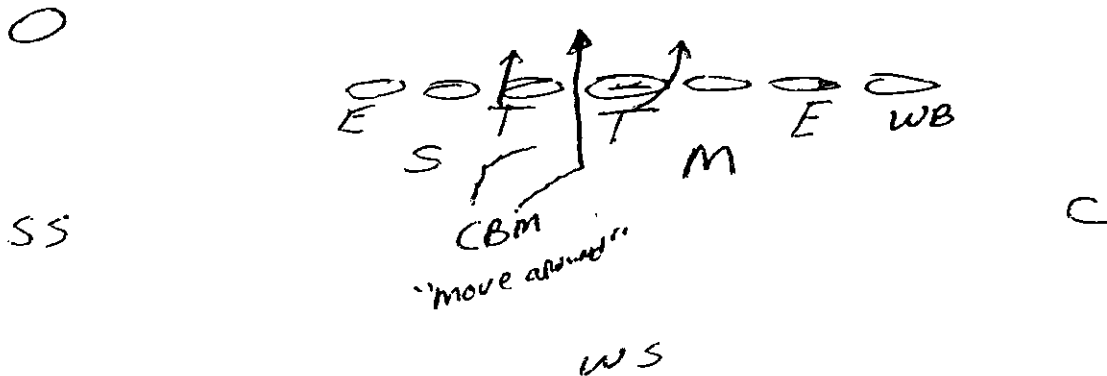
ALIGNMENT AND STUNTS - Strong tackle moves to a 3 technique, weak tackle moves to a noseman, weakside End moves to a 5 technique, MLB moves head-up weak-side guard - he plays the guard as if he were the center.

EXAMPLE: Slide

Unless 40 Call End on weak side plays regular. If Split End is tight play straight (End 5 Technique - WB 9 Technique)

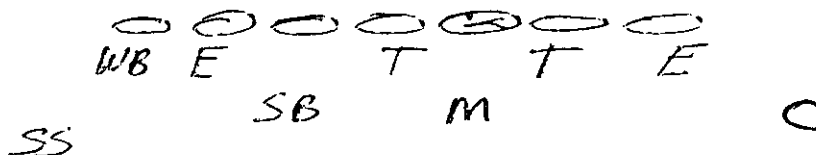


EXAMPLE: Slide - Cover 3 - CBM - Gut ^{Stacy}



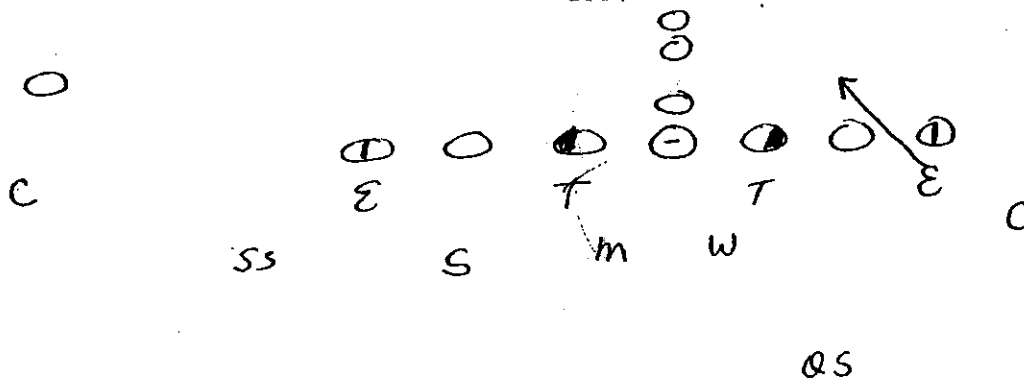
*Secondary Go Cover 3

ALIGNMENT VERSUS UNBALANCED LINE



*WB must tell End gone so he will play a solid 5 technique.

SPLIT DEFENSE



If SE weak,
end ~~stand up~~
and still ~~stand up~~
to ~~stand up~~
A 70 stand

STUNTS AND ALIGNMENTS

STRONG SIDE

- 1) 70
- 2) 80
- 3) SOLID
- 4) LIGHTNING

MIDDLE

- 1) Split X Strong
- 2) Split X weak (?) Can't Auto 70 stunt

WEAK

* Always have the following adjustments for every game regardless of whether the team has shown them or not.

- 1) Twins Adjustment
- 2) 1 Back Adjustment
- 3) SE Alignment
- 4) Motion Adjustment
- 5) Unbalance adjustment -
 - 1) Move Willie Over
 - 2) Move QS over head up on TE
- 6) Prevent defense
- 7) Goalline defense

ADJUSTMENT VERSES UNBALANCED

1st Choice to move
Willie over.

O
 O
 O
 W E S T M T E C
 SS S M E C

OS

O
 O
 O
 SS E S T M W C
 SS E S T M W C

2nd Choice=
Adjust with Secondary.

OS

DEFENSIVE 2's TECHNIQUES

STANCE AND ALIGNMENT

Line up in a four point stance shading the inside eye of the offensive guard with the outside foot slightly staggered to the rear.



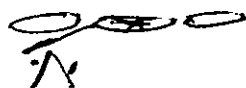
TWO TECHNIQUE

On the movement of the football, explode, bringing your outside foot up, into the joint of the head and shoulder of the offensive man; dive your forehead into his head.

RESPONSIBILITY

You are responsible for the gap between the guard and center.

(1)



You must never be reached by the center.

(2)



If guard's head goes for outside cut off, whip him and fight through head down L.O.S.

(3)



If guard's head comes inside for cut off, turn his butt to sideline and pursue down L.O.S. You must stop cutback or counter in the middle.

(4)



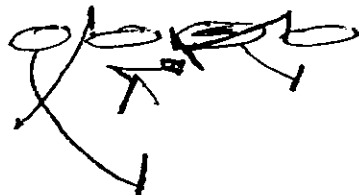
If double team by guard and tackle, set yourself against the post man and try to fight through driver's head.

(5)



If double team by guard and center, set yourself against the post man and try to fight through driver's head.

(6)



If guard influence blocks, step back to inside with inside foot and play trapper for trap. Don't penetrate.

DEFENSIVE ENDS TECHNIQUES

5 - 6 TECHNIQUE

On the movement of the football, explode, bringing your inside foot up, into the joint of the head and shoulder of the offensive man; bringing the flipper up from the ground and whipping the blocker.

STANCE AND ALIGNMENT

Line up in a four point stance cocked inside just enough to see the football with and inside stagger on the outside shade of the offensive tackle or end (5 - 6 tech)



RESPONSIBILITY

5 technique responsibility refers to off-tackle and 6 technique responsibility would be move out to the offensive end. (5) You are responsible for the gap between the tackle and end and you must never be hooked by the tackle or be driven back off the L.O.S. Always get a piece of the offensive tackle, so he can't block on the MLB

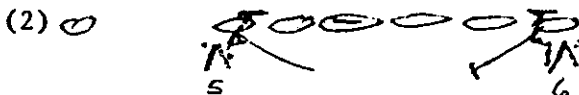
* 6 TECH IS RESPONSIBLE FOR "D" GAP. "D" GAP TO SIDELINE (STRING). NEVER BE HOOKED [REFER TO REACTION KEYS BELOW]

BASIC REACTIONS TO KEYS:

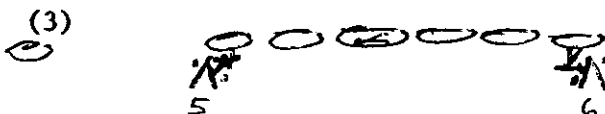


Tackle reach to your outside, turn his butt to sideline with flipper on his head and let your momentum carry you straight across L.O.S. Recover feet quickly and move to ball.

OR END



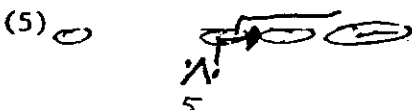
Tackle release inside, come down quick to inside, getting a piece of the tackle ~~OREND~~, staying flat and square to L.O.S. Look for blocker from inside. (COUNTER / TRAP)



Tackle sticks you in check to turn out, unload with head, squaring body up, and fight through head to the ball.

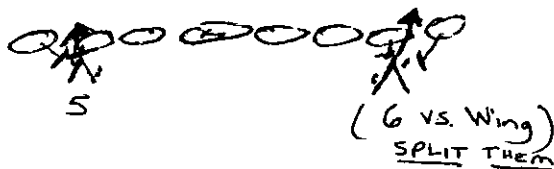


Tackle pulls outside, knock him off balance, get in his hip pocket and follow looking for ball carrier.



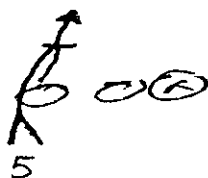
Tackle pulls inside, flatten down L.O.S. and pursue through blocker's head.

(6)



Double team by tackle and end, unload on tackle first and try to split the seam of double team block. Recover feet and go to ball. Don't give ground.

(7)



Tackle pass blocks, rush through tackle until sure of no draw. If passer is set up looking through your rushing lane get hands high. If passer sets up and does not look through your lane, be reckless! Take either side of blocker to get to passer. If you get out of your lane avoiding blocker get back in it to continue rush.

DON'T LET PASSER SCRAMBLE OUTSIDE.

LINEBACKERS TECHNIQUES

Our basic alignment for the number caller will be directly in line with the outside eye of the offensive tackle. At times he will be stacked behind the defensive five technique.

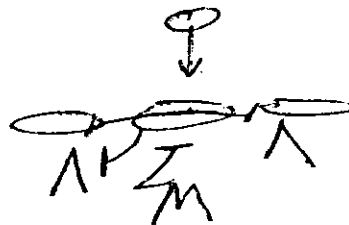
Basically our middle linebacker will line up nose to nose of the offensive center. At times he will be stacked behind a two technique.

A. MIDDLE LINEBACKER

1. ALIGNMENT--Nose up on offensive center, 2 to 3 yards deep, feet parallel, knees bent, arms swinging freely, and shoulders square to the line of scrimmage.
2. RESPONSIBILITY--
 - a. Pass Responsibility--On sprint cuts, he should cover the hook zone 8 to 10 yards deep to the side of the action. On dropback, he should drop straight back 8 to 10 yards deep.
 - b. Run Responsibility--Trap in the middle and from tackle to tackle both sides.

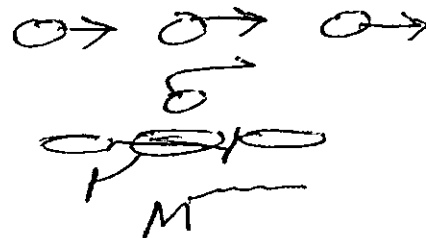
DIAGRAM OF RESPONSIBILITY

TRAP ACTION



AGGRESSIVE ACTION

POWER SWEEP



b. Running Plays

1. Center blocks off, trap action step up in the hole with knees bent, head up, back straight, and get ready to unload on the ball carrier.
2. Center blocks off, no trap action shown; must find flow of backs and shuffle to off-tackle hole first; then wide if necessary.
3. Stack position--Key on offensive back depending on stunt or scout report.

B. NUMBER CALLER PLAYING 26 OR STACKED 5 TECHNIQUE

1. ALIGNMENT

- a. When playing 26 number caller, he should line up with inside leg directly in line with offensive tackle's jaw; inside foot up, and about $1\frac{1}{2}$ yards off the line.
- b. Our number callers will be stacked behind a 5 technique at times. When we stack a number caller, his key will be changed to a definite back or the ball, or he will have a run through on the snap.

2. RESPONSIBILITY

- a. Pass Responsibility--Playing either a 26 linebacker or a stacked 5 L.B., the responsibility on a pass will be the same; except when a secondary stunt is called and then you will have an area specified other than your normal responsibility.

- (1) Dropback Action--Hook zone your side 8 to 10 yards deep.
- (2) Sprint Out Action Toward You--"Scrape" and put pressure on passer by the quickest shortest route.
- (3) Sprint Out Action Away--Check for counter, and then sprint to backside hook at 45° angle.

b. Responsibility of Runs for a 26 LINEBACKER

1. Action to your side--Step up and meet tackle with inside foot and forearm keeping outside freedom, hold charge until ball is even with you; then release to outside.
2. Action Away From You--Take a check step up for counter and then as soon as the ball crosses the line of scrimmage get in 45° pursuit angle back through the middle.

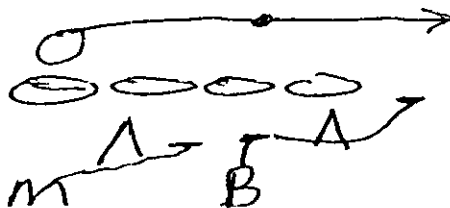
3. KEYS

- a. 26 linebackers key the offensive tackle's block and backfield action.
- b. Stacked linebacker will key a particular back, ball, or stunt.

4. TECHNIQUES FOR 26 LINEBACKER OR NUMBER CALLER

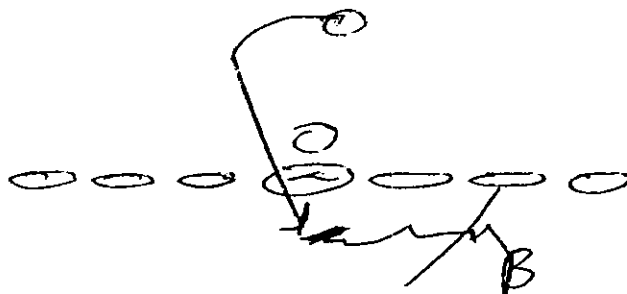
- a. Tackle Fire--Step up and meet him with inside foot and forearm, try to stop charge and force him back in the hole as soon as the football is even with you, push off to outside. Stay inside out on football to the sideline.

EXAMPLE:



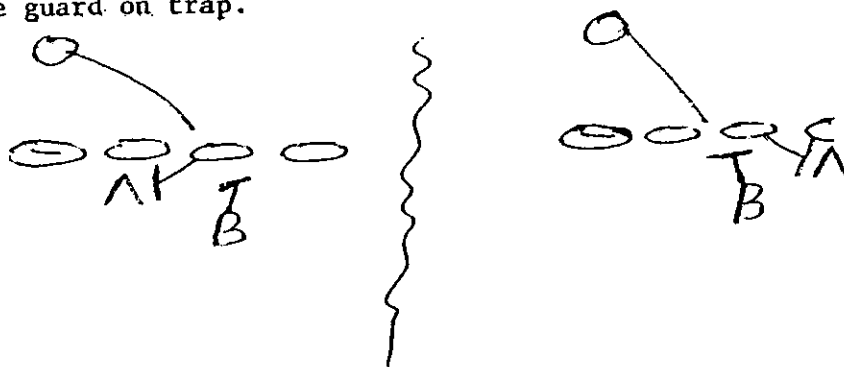
- b. Tackle Release and Flow Away--Shiver tackle and check for counter, and pursue the ball.

EXAMPLE:



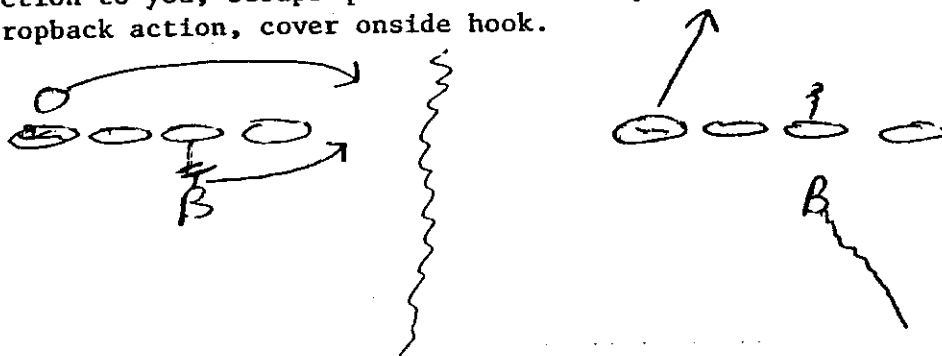
- c. Tackle Block Out or In--Step up tight in the hole and be ready to meet near back on isolation or offside guard on trap.

EXAMPLE:



- d. Tackle Fire Out and Back Up or Cup Block--Sprint action to you, scrape quickest route to passer. Dropback action, cover onside hook.

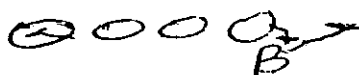
EXAMPLE:



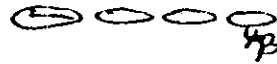
5. TECHNIQUES FOR STACKED NUMBER CALLERS--Run and Pass Responsibility will be the same as a 26 linebackers except when a stunt is called.

C. NUMBER CALLER PLAY 9 TECHNIQUE

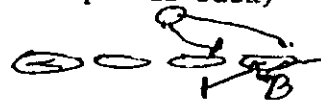
1. ALIGNMENT--Inside ear of linebacker should be on the outside ear of the offensive end. If there is not end then the LB should be 1 yard outside the 5 technique on the line of scrimmage.
2. STANCE--Two point stance, shoulders over the knees, in a hitting position, the inside foot should be forward.
3. KEY--The offensive end and the near back.
 - a. End hooks



b. End turns out



c. End blocks down (Pick up near back)



d. Release



5. REACTION TO THE BACK'S BLOCK

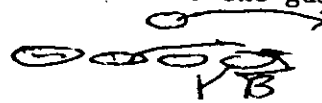
a. Kicks out



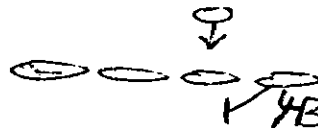
b. Hooks



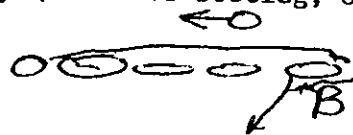
c. Back flips (close and look for the guard)



d. Back dives



e. Back goes away (look for bootleg, off-guard pulling)



6. RESPONSIBILITY

a. Pass

1. Dropback or Sprint action to ^{You} ~~you~~ Force

2. Sprint out action away--DROP-OFF ?

b. Run--Close off-tackle hole, don't get hooked and be able to fight to the outside. *You are responsible for the QB on all options.

D. NUMBER CALLER PLAYING A FLEX

1. ALIGNMENT

a. From 4 feet to 3 yards. Play head up, from 3 yards to 5 yards. Play your outside eye on the end's inside eye.

2. STANCE--Feet square, knees bent in hitting position, hands ready to strike the helmet.

3. KEY--End and near back

4. REACTIONS--Same as 9 techniques

EXCEPT:

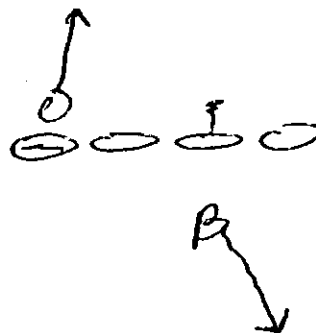
ON PASSES--If the defense called in the huddle involved a 9 technique. then play the 9 technique reaction. If the defense called involved a 26 backer then play the 26 reaction.

EXAMPLE:

9 TECHNIQUE

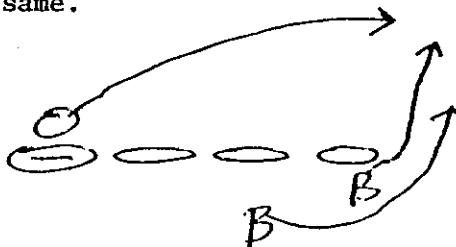


26



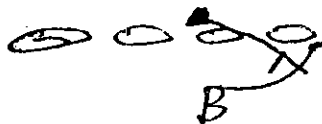
SPRINT OUT TO

The 9 and 26 responsibilities are the same.

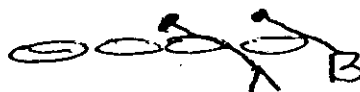


DEFENSE STUNTS OR SECONDARY
CALLS THAT INVOLVE LINEBACKERS

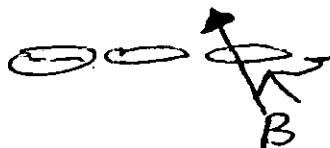
1. 70



2. 80



3. 51



WEAK VS SE

DRIFTER (Pass Action Only)



← B
Flat

TERMINOLOGY AND ADJUSTMENTS
FOR THE 26-26 SOLID ON STRAIGHT DEFENSES

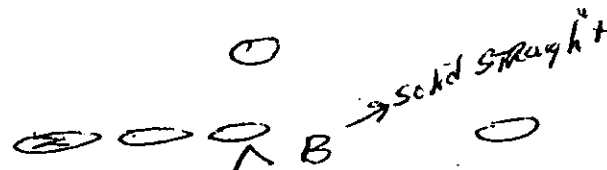
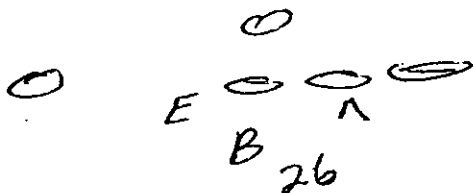
1. SPLIT END--End split over 5 yards. (Adjust according to the backs alignment on your side.)

Example:

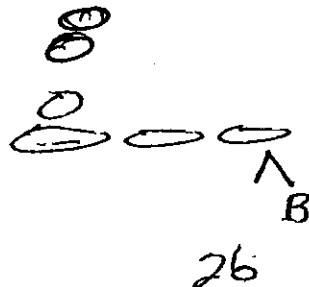


ADJUSTMENTS

- A. Dead Back (5 and 9 technique)



- B. "I" Back (Stacked, 5 technique)



PASS RUSH TECHNIQUES

1. Bull Rush literally run over your opponent. Explode under the blockers chin. grab both shoulders and overpower.
2. Speed Rush Defeat the blocker with your speed. Out run him to the corner and turn to the QB. Never get deeper than the ball.
3. Attack and Counter Start to the outside until the blocker is moving. Change directions to the inside and get by the blocker. Once by, move upfield to contain the QB.
4. Butt and Pull Start to either side of the blocker and make contact. When the blocker is off balance, pull to the side and counter to the other side. Do not get trapped inside the blockers pads.
5. Butt and Spin Attack the blockers outside. Delay contact until you are deep as the ball. Roll through the blocker making contact the entire time. Push with elbow to free yourself from the blocker.
6. Rip Technique to use with any pass rush. Drive arm through the opposite shoulder and arm of the blocker. Turn your back to the blocker as you pass.

Note : You can use a head fake with and rush technique.

You will develop some techniques better than others. You will need to use more than one technique during a game. Do not be satisfied with just one technique, it won't work all the time. You may also develop other techniques that will work for you.

CARDINAL RULES OF THE SECONDARY

AND
TECHNIQUES

1. Never allow a man behind you.
2. Always know the down, yardage, and time left in the game.
3. Always yell out the predetermined call, the coverage, and situations.
4. When the passer sets his vision to a particular area, release and sprint to the ball.
5. Always play the pass first, and when in doubt, stay back.
6. Concentrate on the passer's eyes. The secondary should never take his eyes off the passer and the receivers in his area.
7. Never miss a tackle, and always tackle above the belt.
8. Talk! Talk! Talk! and Talk in the secondary.
9. Go through the receiver to get the ball and play the ball at its highest possible point.
10. We will give them " five years and a headache ."

Whenever you "Guess" in the secondary, you always guess wrong.

DEFENSIVE BACKFIELD THEORY

"Most games are won or lost on pass defense"

1. OBJECTIVES:

- 1.) Prevent T.D. Passes
- 2.) Prevent Long Gains Passes
- 3.) Intercept
- 4.) Punish Receivers or Ball Carriers By Gang Tackling
- 5.) Make The "Sure" Tackle In Open Field To Prevent The Long Gain

11. A good defensive back must have confidence that he can cover his area, and a tremendous desire to get to the ball when it is thrown. Work and develop confidence to where you desire the passer to throw in your area.

There are Four Phases to pass defense. Know your weakness and strive daily to improve in our drills.

- 1.) Relaxation
- 2.) Position
- 3.) Anticipation
- 4.) Reaction
 - A) Keep eyes on the passer
 - B) Increase interception distance
 - C) Play the BALL!!!

- III. Tacking is 90% Desire and 10% Skill. If you are short on skills we can teach you, but the desire must come from you.

- IV. Every play is a pass unless run shows. Key the ball and know what receivers on your side are doing. On the snap of the ball shuffle back and play football from there. ALL defenders must SPRINT to point of ball when passer releases the ball.

The ball can be:

- 1.) Completed
- 2.) Deflected
- 3.) Intercepted

Therefore you must be in the area where the ball is thrown

ESSENTIAL CHARACTERISTICS OF SECONDARY PERSONNEL

- I. The defensive secondary must represent the best speed on the team. In this area speed is of the essence.
- II. Balance and agility are as necessary as speed, for without the proper blend of speed, balance, and timing the defender would be virtually worthless. It is the combination of these factors which lead to interceptions.
- III. Each defender must possess a large degree of disciplined intelligence or total concentration. The entire secondary must be completely absorbed with the total picture of the offense. The total picture refers to keys, movements, and the ball. Many defenders do not possess large degrees of total concentration and therefore do not make for a good secondary.
- IV. Some players reflect leadership qualities. We seek defenders who demonstrate a certain take charge attitude. Leadership is indispensable in defensive play.
- V. The most important characteristic desired of a defensive secondary man is to find within that person the type of pride or attitude which enables him to excel beyond his own physical and mental limits. To find that person who understands the importance of the defensive secondary to the team's success. And to find the athlete who sincerely feels that playing in the defensive secondary is the greatest honor that can be bestowed on a football player.

"ATTITUDE" is the single most important component of a successful secondary defense.

DEFENSIVE SECONDARY

I. PERSONNEL:

- A. We will refer to the personnel as a Strong Safety. Weak Safety, and two Cornerbacks. Our Safeties will flip flop. Their alignment will be determined by the receiver or by the scouting report. (QUICK)
- B. Our safeties will call the type of coverage that we will be in.

II. MECHANICS:

- A. Consider the base as the hub of a wheel and the players involved in the defensive secondary as the ends of the spokes of the wheel. The rim of the wheel extended, surrounds the entire offensive team. Every man of the offensive team is in front of and inside of the wheel formed by the two safeties and two cornerbacks.
- B. In action, the four containing men coordinate and play together as they would if they were actually attached to a wheel. If the ball starts to the defense's right, the wheel turns in that direction. If the ball moves straight ahead quickly, the rim of the wheel shrinks, if the passer drops back to throw, the wheel quickly enlarges.
- C. Always remember that our defense is a "three deep" zone defense and not a two deep as so indicated by only two deep safeties.
- D. We will rotate with the TEMPO of the ball. If it moves fast we will rotate fast. If it moves slowly, we will rotate slowly.
- E. In the event that the quarterback starts a sprint out and pulls up "looking in the direction he has started." we will continue our rotation. If he pulls up and sets to throw a "throwback pass", we will straighten up and turn our body in the direction the quarterback is looking as we gain depth.

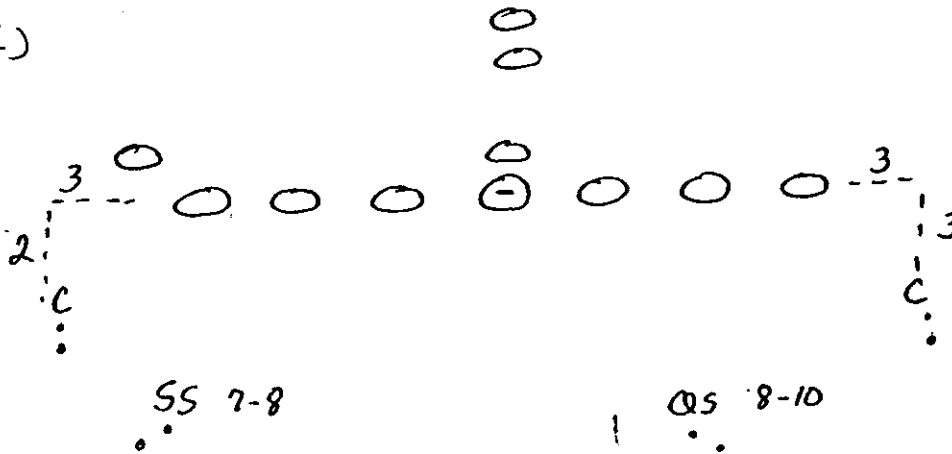
SECONDARY STUNTS AND COVERAGES

We will play 4 basic Secondary Coverages

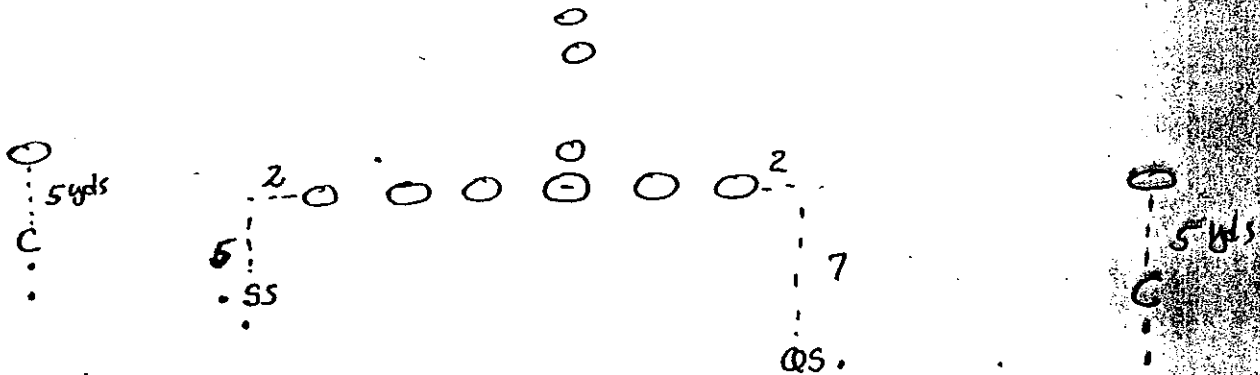
- 1) Regular
 - 2) Sky
 - 3) Stretch
 - 4) 3-deep Zone
- } → 4 deep Zone

* We may play "MAN" on occasion!

Regular
(Cov. 2)

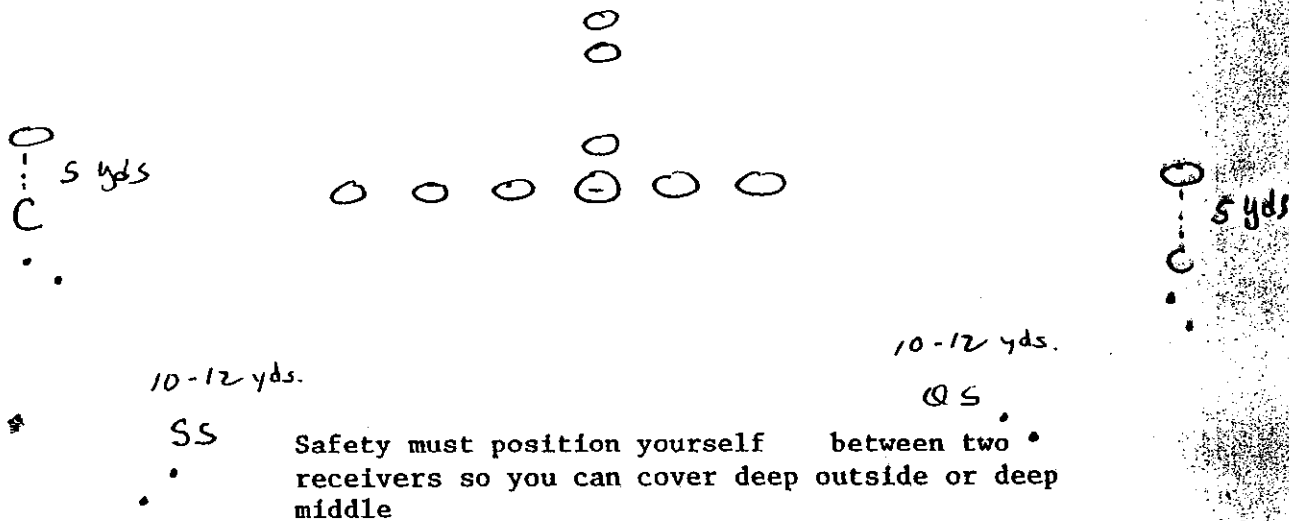


Sky



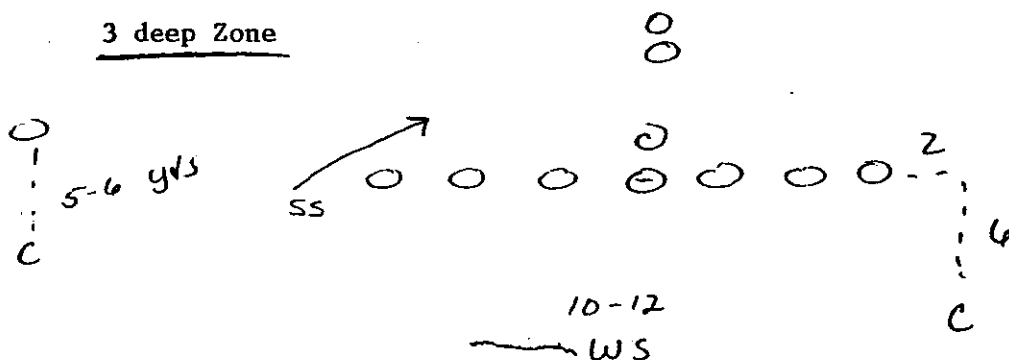
Try to AVOID being in sky on both sides at the same time

STRETCH



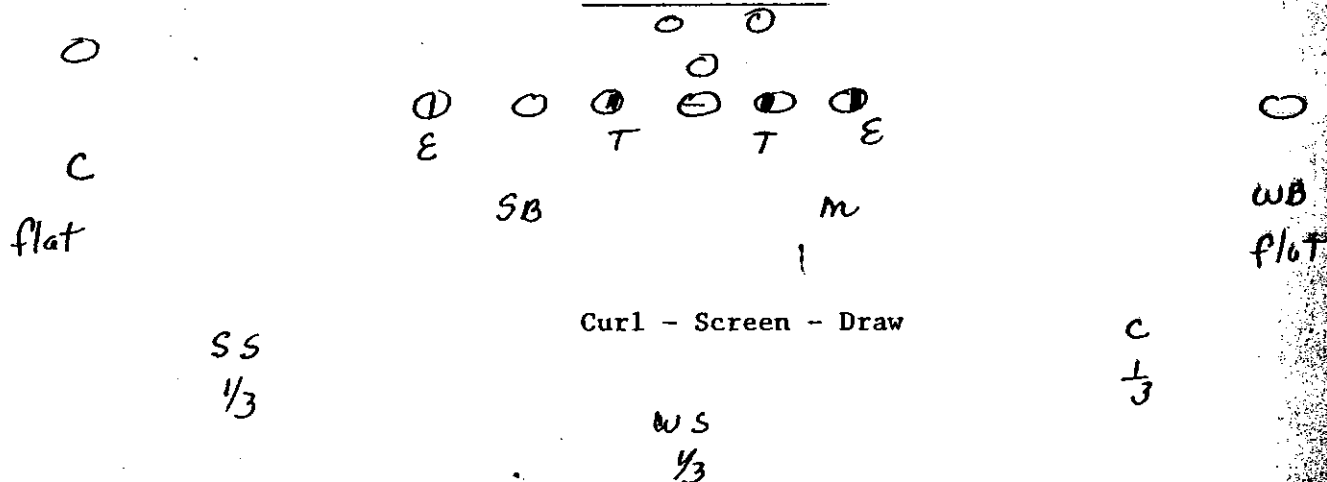
Safety must position yourself between two receivers so you can cover deep outside or deep middle

3 deep Zone



* Use this coverage when SS involved in an 8 man front or stunt.

PREVENT DEFENSE



- 6's - 6 Technique unless end Split - then move to a 5
- 2's - 2 Technique - Rush under control - check for draw
- SB - 4 yds deep - hook - draw - screens
- WB - 6 yds deep - Right flat Coverage
- MLB - Move over RT Tackle - 4 yds deep-play same as SAM
- SS - 15 yds deep - deep 1/3
- WS - 15 yds deep - middle 1/3
- RC - 15 yds deep - deep 1/3
- LC - 6 yds deep - Left flat

SECONDARY COVERAGES

I. COVER 1 -

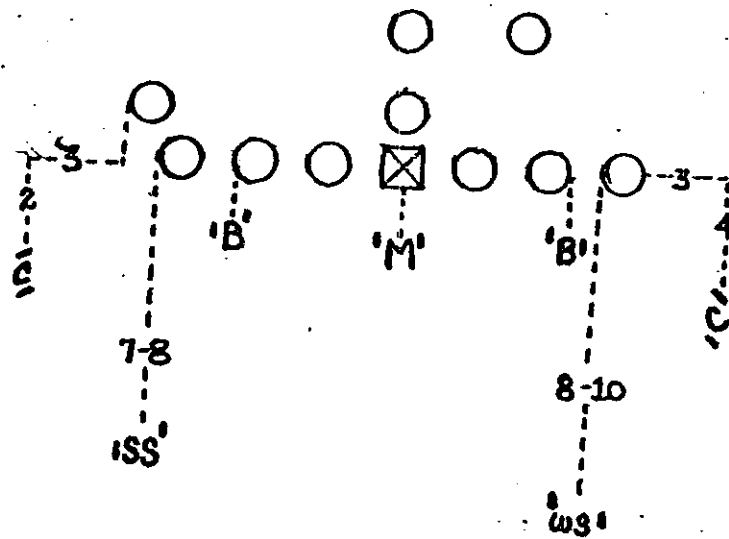
- A. Regular Coverage
- B. Stretch Coverage
- C. Stretch "Pro" Coverage
- D. ~~SKV~~ Coverage
- E. ~~SKV~~ "Drifter" Coverage

II. COVER 3 -

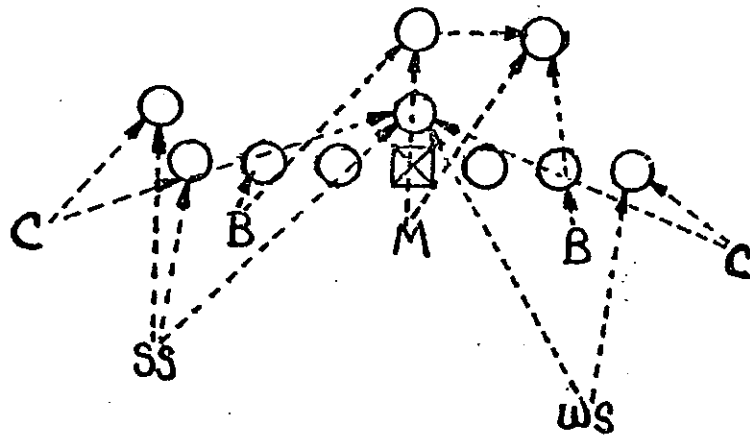
- A. "3 Deep" - Zone Coverage

BASIC ALIGNMENT

COVER 2



BASIC KEYS



REGULAR COVERAGE

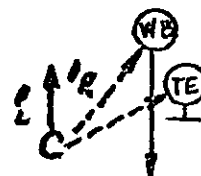
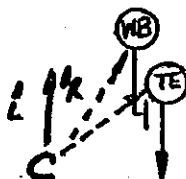
GENERAL COVERAGE PRICIPLES AND RESPONSIBILITIES

I. CORNERBACKS

A. KEYS -

QB and eligible receivers: Key through eligible receiver to QB. The QB will establish flow; which should put our secondary into movement, with the correct pass coverage. After getting movement the eligible receivers will tell the corners and safeties pass or run. If either of the eligible receivers blocks, the corner should play run. If either of the eligible receivers releases, the safeties must play pass first and then react accordingly

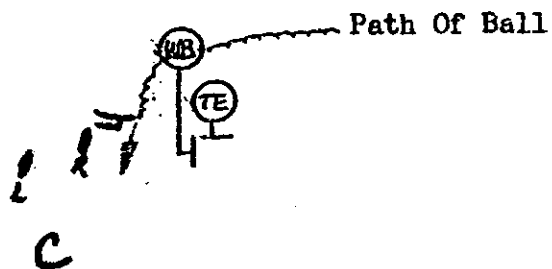
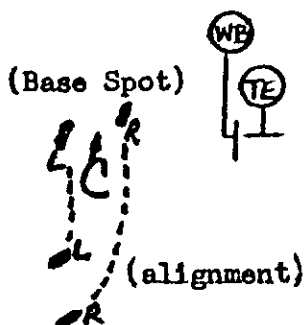
CORNERBACK PLAY:



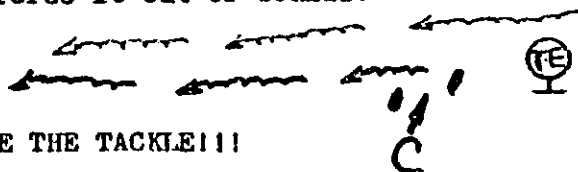
MOVE FROM ALIGNMENT TO BASE SPOT:

Position yourself on the Base Spot with inside foot up and inside shoulder low - - Prepare to defend against blocker and read the path of the ball.

(a) If ball goes inside Base Spot, Close Down and FORCE.



(b) Keep leverage on the ball NOT letting it get beyond the inside shoulder - - If it starts getting outside, string it out to the sideline. FORCE when the ball turns up field or force it out of bounds.



Cornerbacks

B. STANCE -

Take a football position, 3 to 4 yards outside and 3 to 4 yards deep with the outside leg forward looking squarely at your key.

C. RESPONSIBILITY -

A. Flow (ball) comes or dropback pass with perimeter call your way.

1. Run - You Force

2. Pass - You have Flat (The first threat out into Flat)

B. Flow (ball) goes away or dropback pass with perimeter call away from you.

1. Run - You rotate to outside 1/3 and on around through middle 1/3

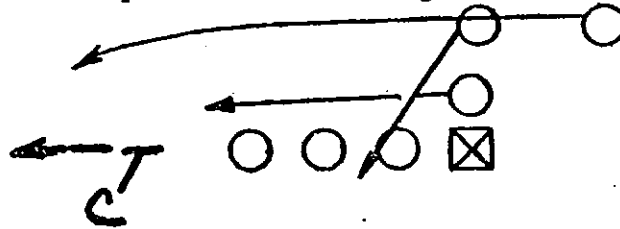
2. Pass - You have Deep Outside 1/3

TWO KEY RUNNING PLAYS YOU MUST DEAL WITH

1. POWER SWEEP - Squeeze the hole small enough between you and the defensive tackle so the LB can make the tackle. (Keep your shoulders square to the line)



2. OPTION - Come to the line of scrimmage and freeze, then take the pitch man. (Never get hooked)



II. SAFETIES

A. KEYS -

QB and eligible receivers key through eligible receivers to QB. The QB will establish flow, which should put our secondary into movement. The eligible receivers will give the safeties a pass or run key. If either of the two receivers release, the safety must play pass first. As indicated earlier in Cornerback play.

B. STANCE -

Take a football position 8 yards deep splitting the end and wingback, if you are the weak safety, line up over the tackle. Look squarely at your key. Have your inside leg forward.

C. RESPONSIBILITIES -

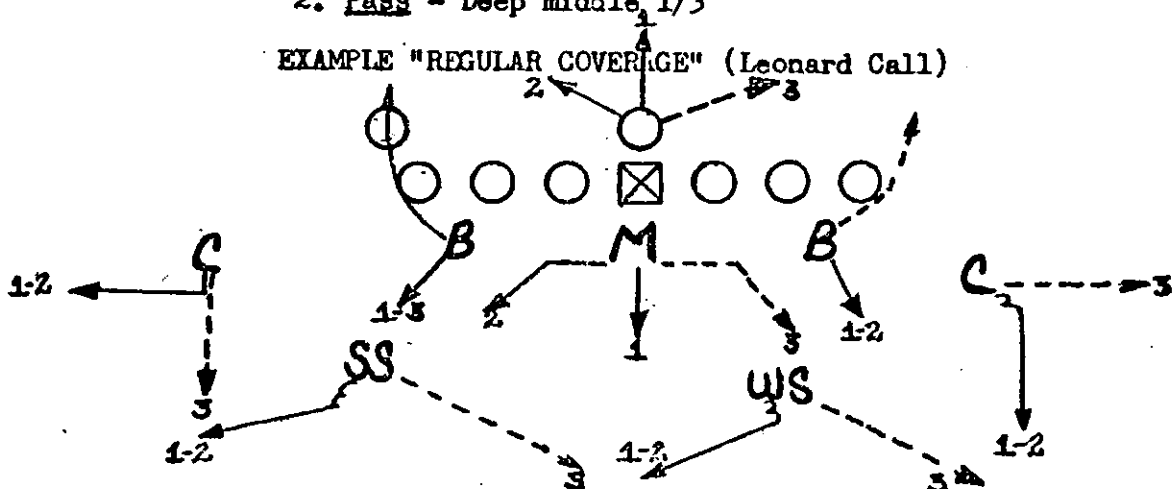
- A. Flow (ball) comes or dropback pass with perimeter call your way.

1. Run - You support outside cornerback
2. Pass - You have deep outside 1/3

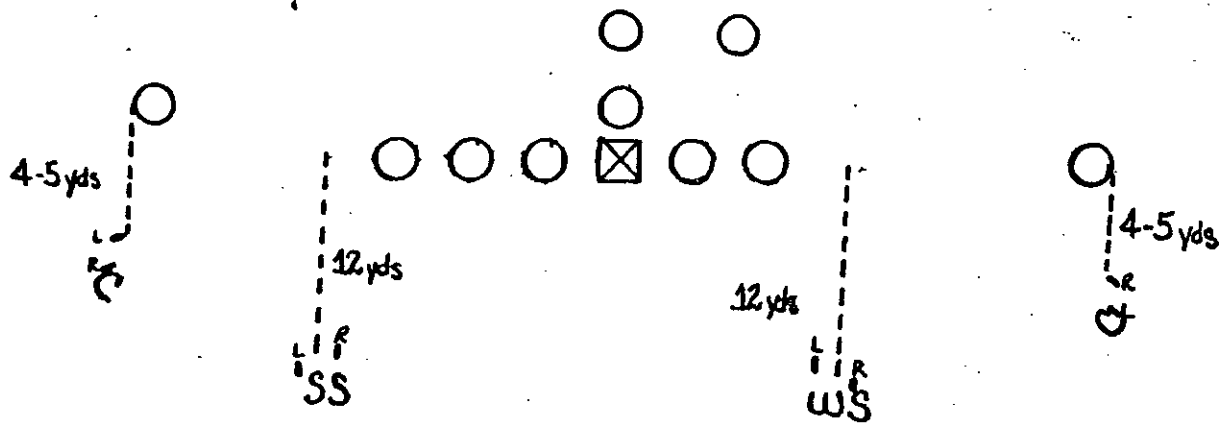
- B. Flow (ball) goes away.

1. Run - Safety man middle 1/3
2. Pass - Deep middle 1/3

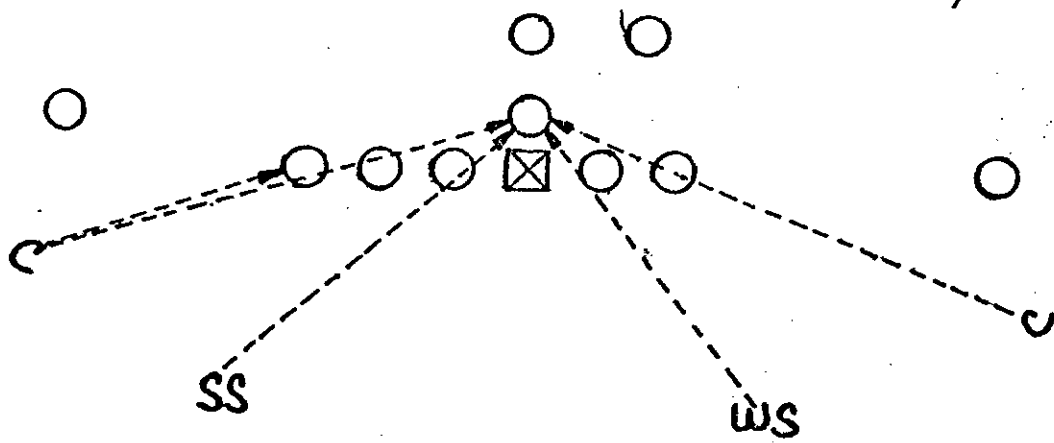
EXAMPLE "REGULAR COVERAGE" (Leonard Call)



BASIC ALIGNMENT
STRETCH COVERAGE



BASIC KEYS



STRETCH COVERAGE

GENERAL COVERAGE PRINCIPLES AND RESPONSIBILITIES

We must run STRETCH when we face split receivers. STRETCH is just our REGULAR coverage stretched out wider and deeper. Due to our alignment in the stretch coverage, we must change some of our keys.

I. CORNERBACKS

A. KEYS -

QB and eligible receivers. The QB will establish flow. If the inside receiver blocks the corner should play run. If he releases, the corner should play pass.

B. STANCE -

Take a football stance, 5 yards deep and line up on the outside shoulder of the outside receiver with the outside leg forward, looking squarely at your key.

C. RESPONSIBILITY -

A. Flow (ball) comes or drop back pass with call your way.

1. Run - Force

2. Pass -- Flat (First threat)

B. Flow (ball) goes away or dropback pass with call away from you.

1. Run -- Rotate to outside 1/3

2. Pass -- Deep outside 1/3

II. SAFETIES

A. KEYS -

QB only - the football. The QB will establish flow and you must play pass first and run secondly. The recognition of the play will be your only determining factor of telling you if it is a run or pass play.

B. STANCE -

Take football stance or position 12 yards deep, you must place yourself between the outside and inside receiver, so you can cover either deep outside or deep middle; which will depend on the QB's action.

C. RESPONSIBILITY -

A. Flow (ball) comes or dropback pass with call your way

1. Run -- Support outside cornerback.

2. Pass -- Deep outside 1/3

B. Flow (ball) goes away or dropback pass with call away from you.

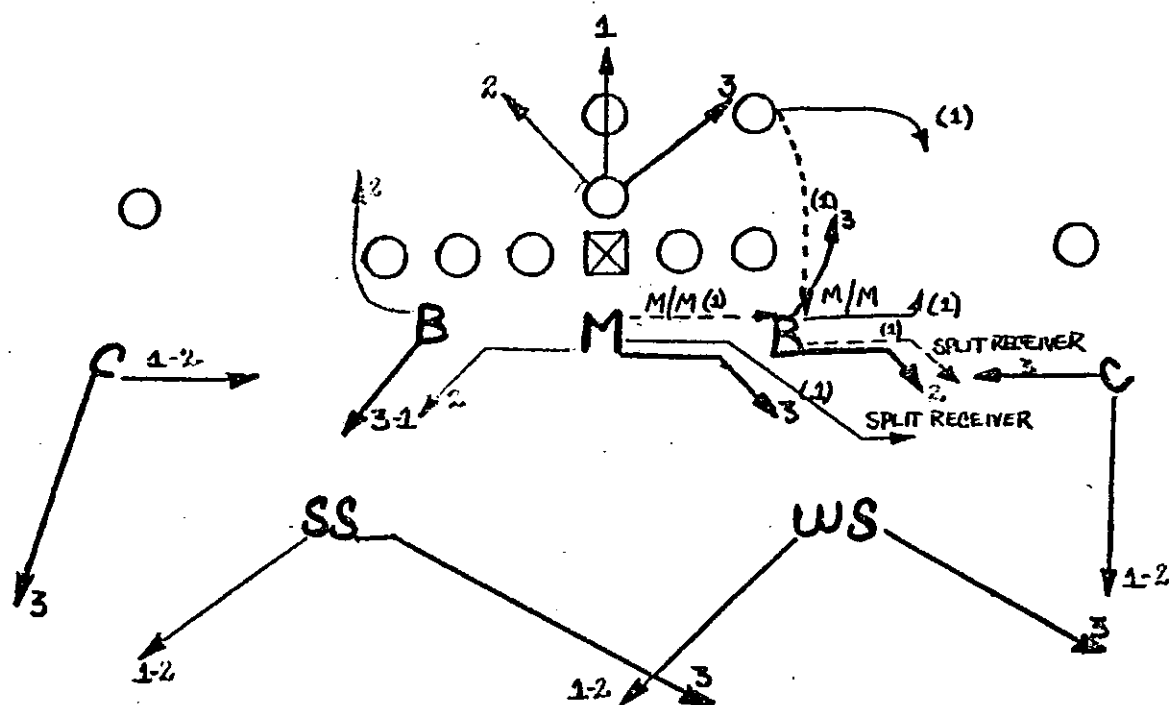
1. Run -- Safety man, middle 1/3

2. Pass -- Deep middle 1/3

* The only difference in REGULAR and STRETCH coverages are:

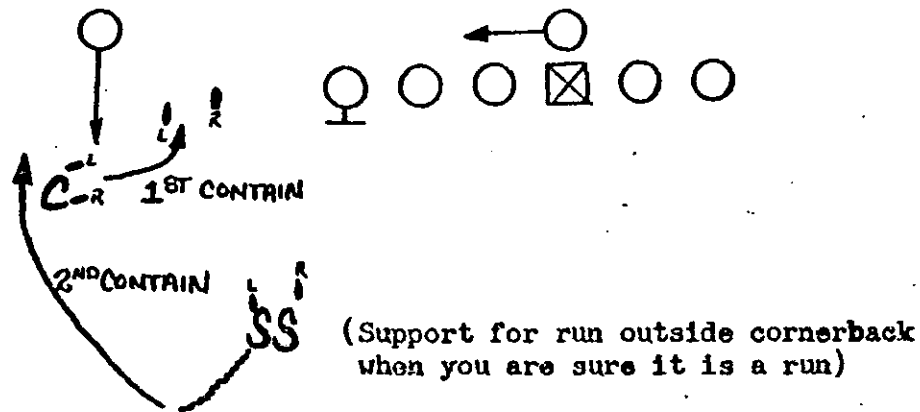
The safeties must get deeper and wider and key the ball only !
(not the eligible receivers)

STRETCH COVERAGE

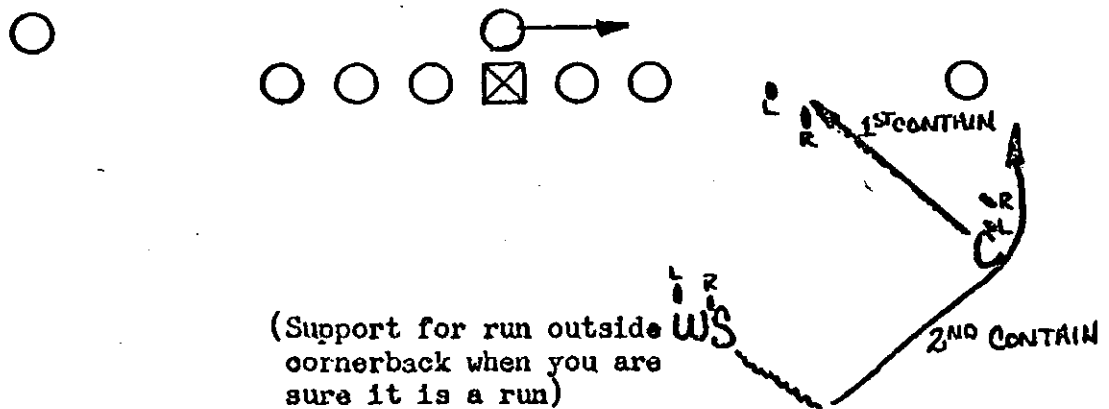


DEFENDING AGAINST THE RUN WITH STRETCH COVERAGE:

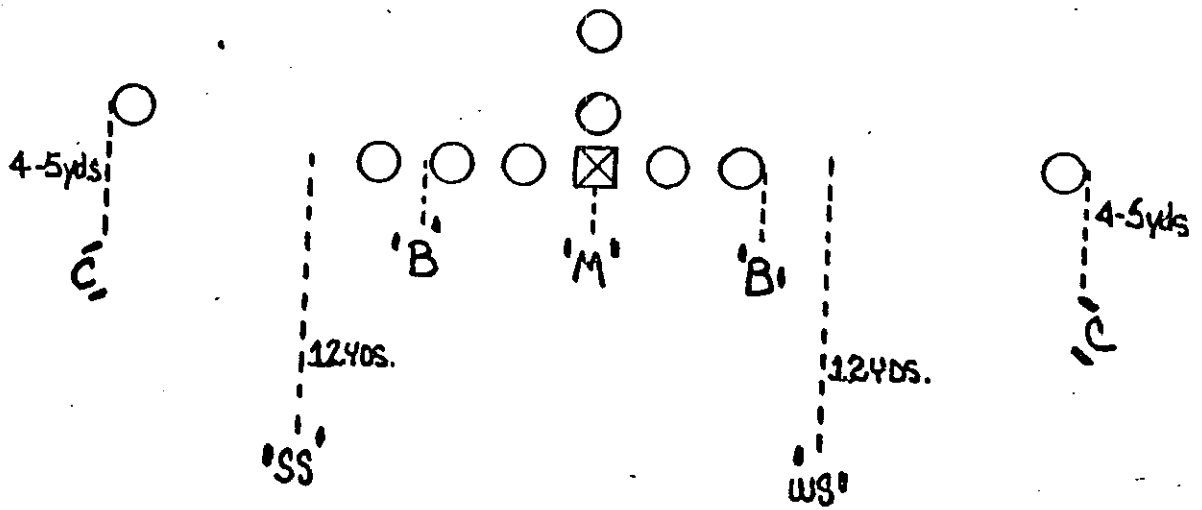
A. STRONG RUN ACTION -



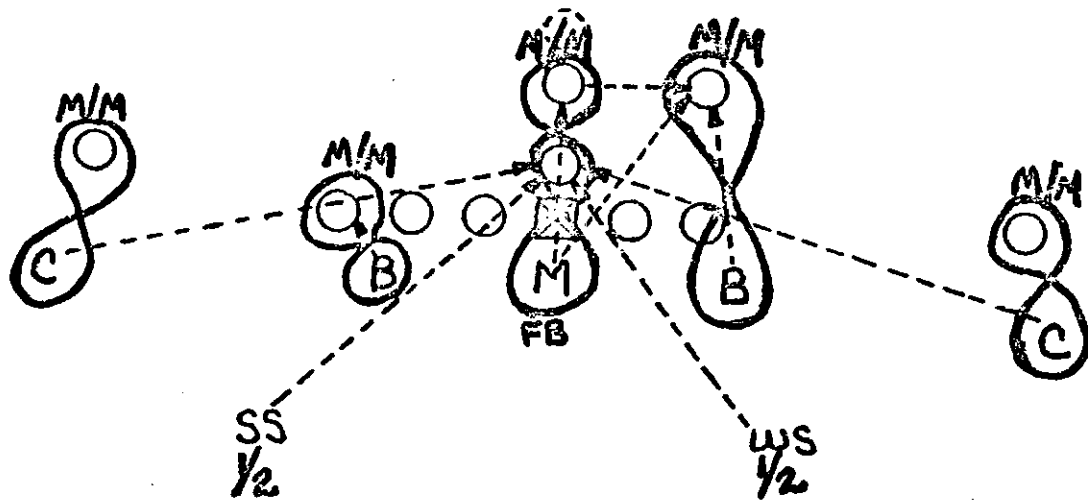
B. WEAK RUN ACTION -



STRETCH PRO
BASIC ALIGNMENT



BASIC KEYS



STRETCH PRO COVERAGE

GENERAL COVERAGE PRINCIPLES AND RESPONSIBILITIES

STRETCH PRO - The Safety will make the call; Used for situations

1. 3rd and 7 - Out Route (Man for Man by Cornerback)
2. To ride heavy on the Curl Route
3. To stop the Look In

I. "PRO" CALL

A. LINEBACKER (Onside) -

Will insure the flat - (Inside - out responsibility on pass action his way)

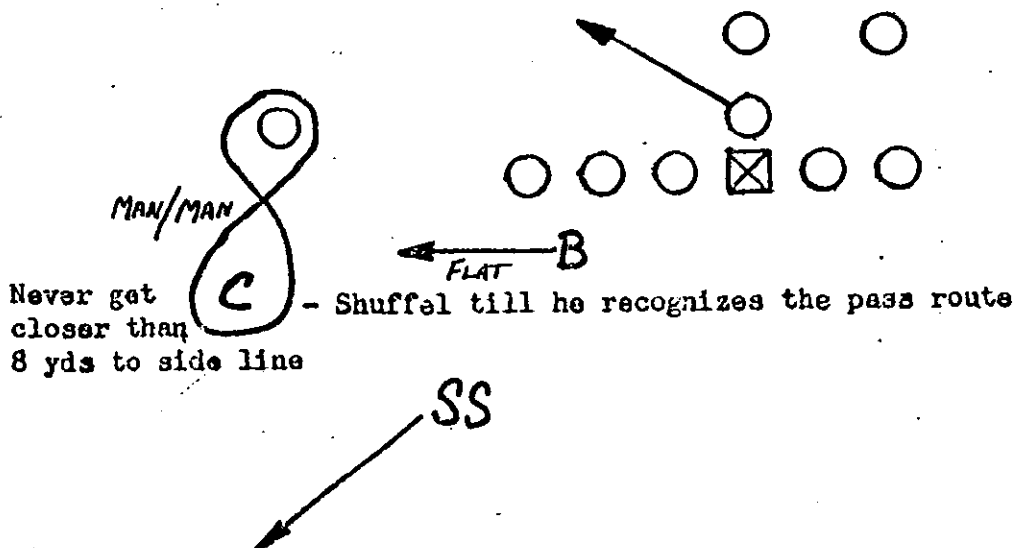
B. CORNERBACK -

Take outside receiver Man for Man; with pass action your way or dropback with call to your side.

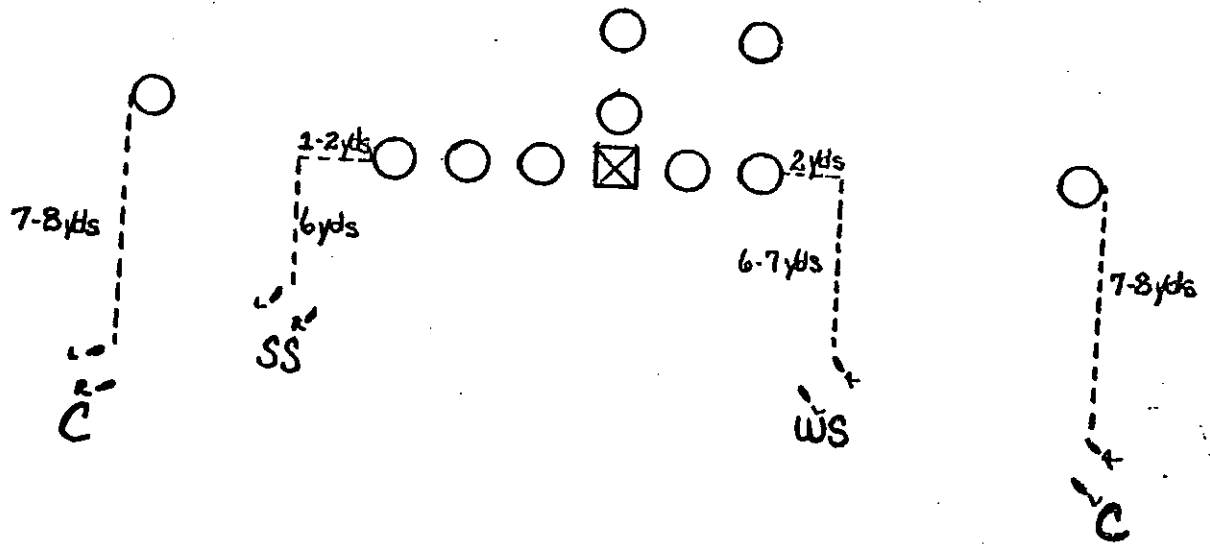
C. SAFETY -

Regular Stretch Coverage

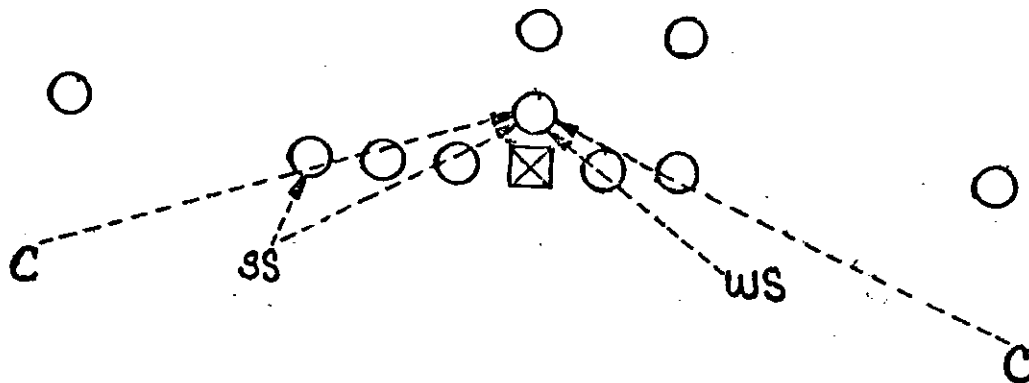
STRETCH PRO COVERAGE



"SKY"
BASIC ALIGNMENT



BASIC KEYS



~~FOUR~~ COVERAGE

GENERAL COVERAGE PRINCIPLES AND RESPONSIBILITIES

We must run THUNDER when the safeties feel the split receivers are too wide and they cannot rotate normally to cover deep outside 1/3 and the cornerbacks are too wide to force on the run.

I. CORNERBACKS

A. KEYS -

QB only -- The QB will establish flow and you must play pass first and run second. The recognition of the play will be your only determining factor of telling you if it is a run or pass.

B. STANCE ~

Take a football position 7 to 8 yards deep. Regular Cornerback stance.

C. RESPONSIBILITIES -

A. Flow (ball) comes or dropback pass

1. Run -- Support outside the safety; you are second support from the outside.
2. Pass -- Deep outside 1/3.

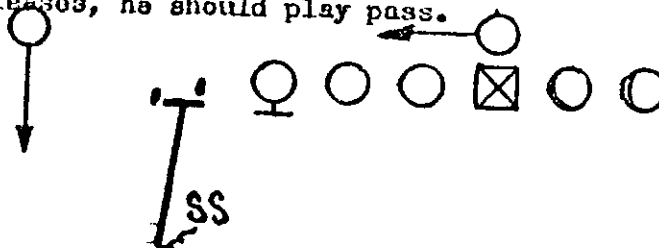
B. Flow (ball) goes away or dropback pass.

1. Run -- Safety outside 1/3 and then on around to the action.
2. Pass -- Outside 1/3 (Always in a THUNDER COVERAGE
your pass responsibility is outside 1/3)

II. SAFETIES

A. KEYS -

QB and eligible receiver. The QB will establish flow. If the inside receiver blocks the safety should play run. (This is referring to a TE or WR, not an inside receiver who is a dead halfback.) If the inside receiver releases, he should play pass.



B. STANCE -

Take a football position 1 or 2 yards outside the inside receiver and about 6 yards deep. Your outside foot should be forward. (The same stance as a Cornerback.)

C. RESPONSIBILITY -

A. Flow (ball) comes or dropback pass with call your way.

1. Run -- Force like Cornerback

2. Pass -- Flat (First Threat)

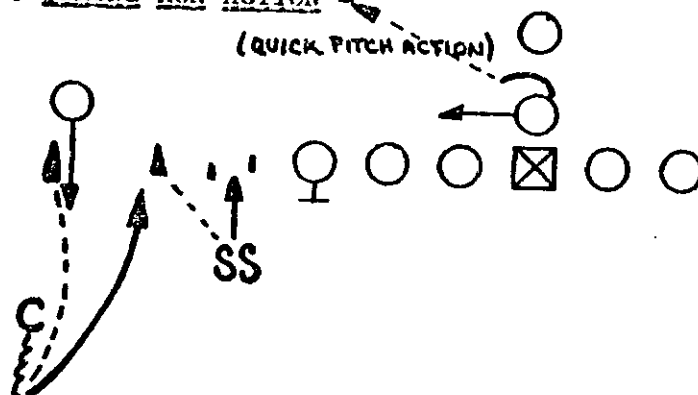
B. Flow (ball) goes away or dropback pass with call away from you.

1. Run -- Rotate to deep middle 1/3 and on around to the action

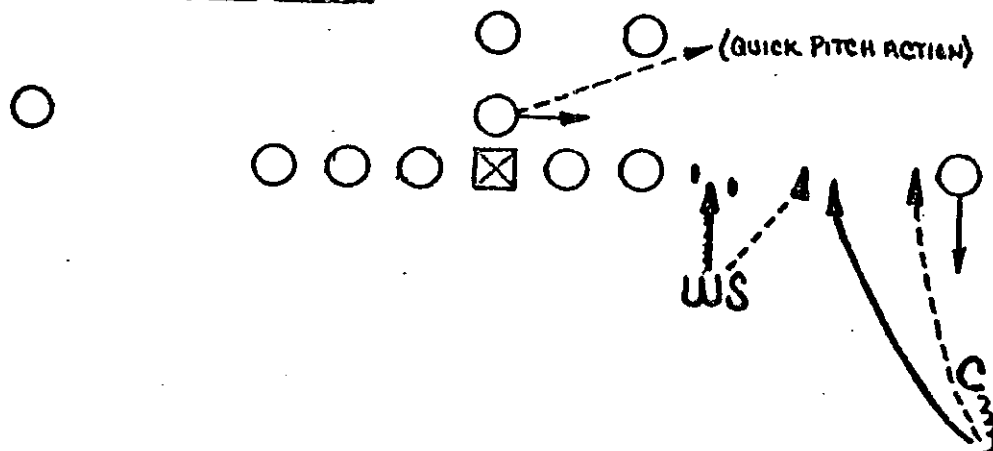
2. Pass -- Deep middle 1/3.

DEFENDING AGAINST THE RUN WITH THUNDER COVERAGE:

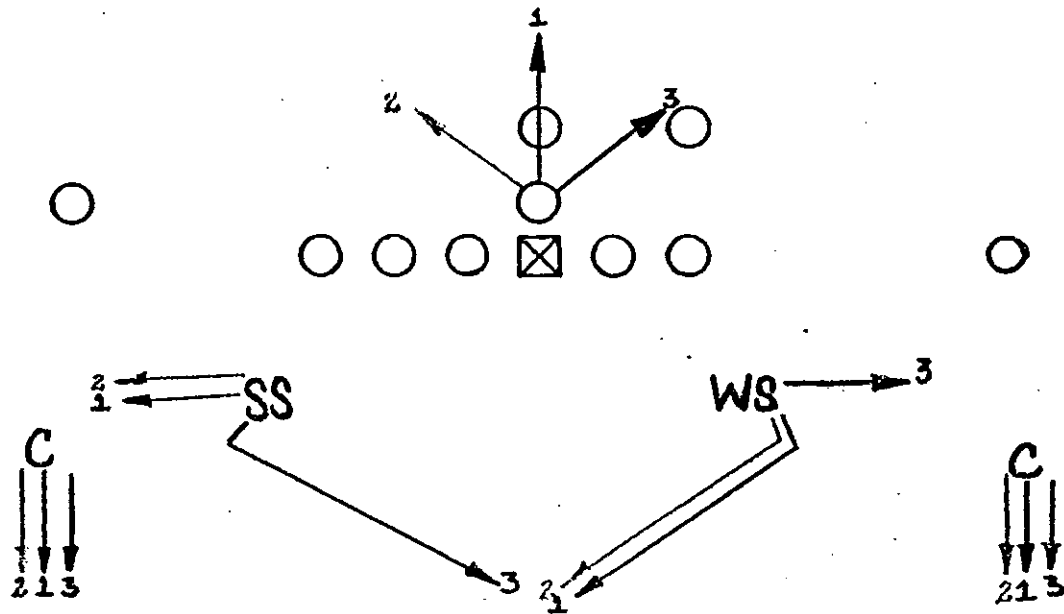
A. STRONG RUN ACTION



B. WEAK RUN ACTION -



DEFENDING AGAINST THE PASS WITH ~~SKY~~ ^{SKY} COVERAGE



SKY
DRIFTER DRIFTER COVERAGE

GENERAL COVERAGE PRINCIPLES AND RESPONSIBILITIES

I. SKY ~~DRIFTER~~ DRIFTER - The Safety will make this call to the LB.

A. LINEBACKER (Onside) -

Will insure the flat (inside-out for the safety).
The LB will do this on all sprint-out action his way
or on a dropback pass if some one releases into the flat.

B. SAFETY -

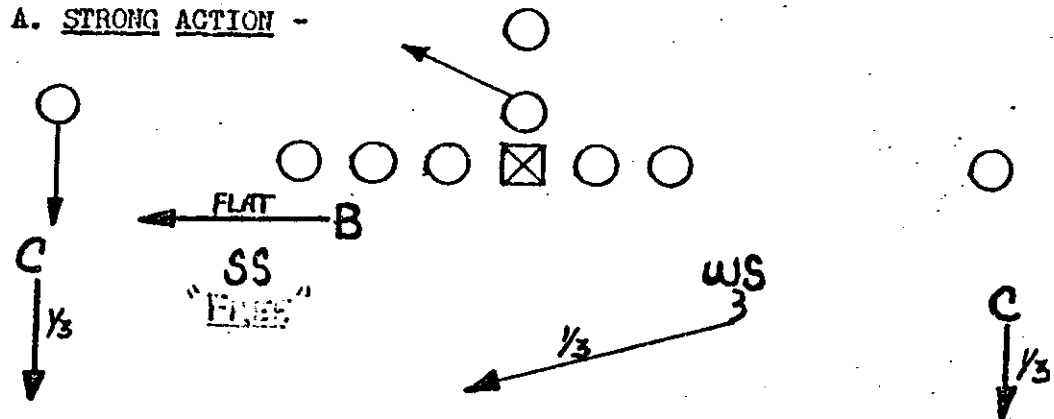
Will be a FREE safety on all sprint out action his way
and on dropback passes, if the call is his way; otherwise
on dropback pass he would cover deep middle 1/3.

C. CORNERBACK -

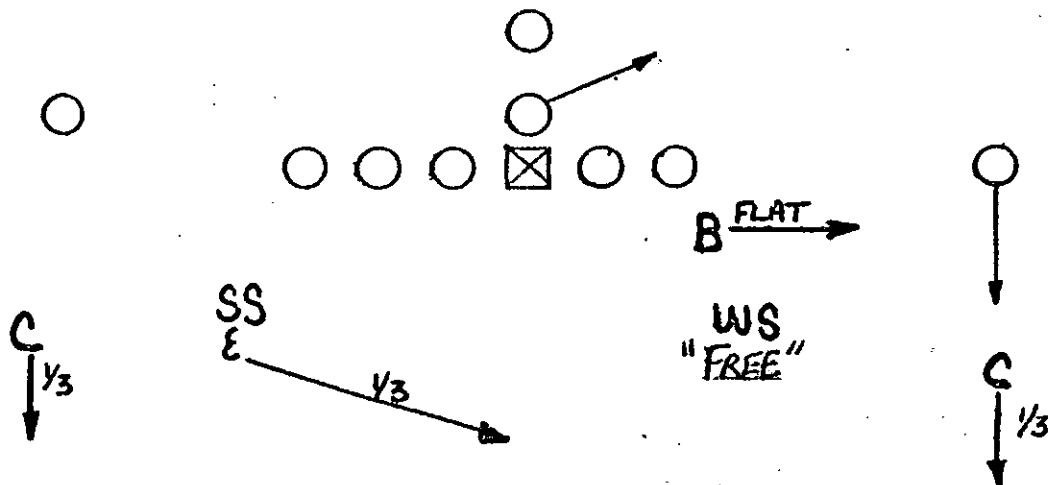
Regular SKY ~~DRIFTER~~ Coverage, deep outside 1/3.

SKY
DRIFTER DRIFTER COVERAGE

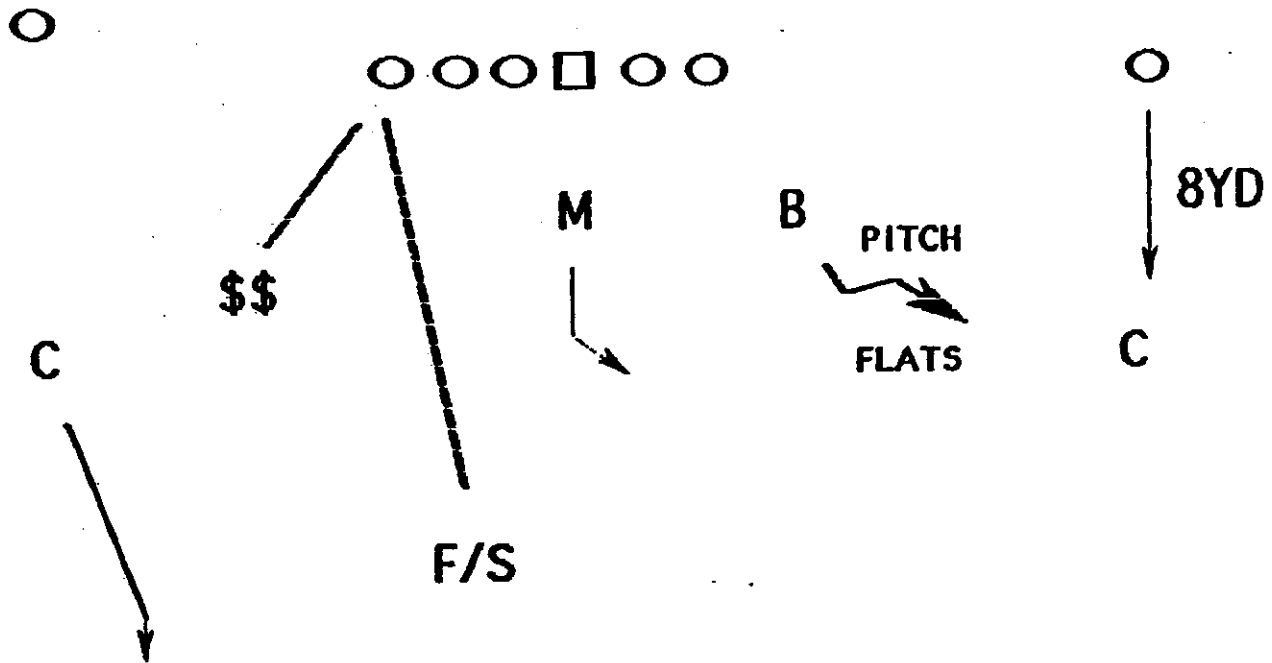
A. STRONG ACTION -



B. WEAK ACTION -



SPY COVERAGE



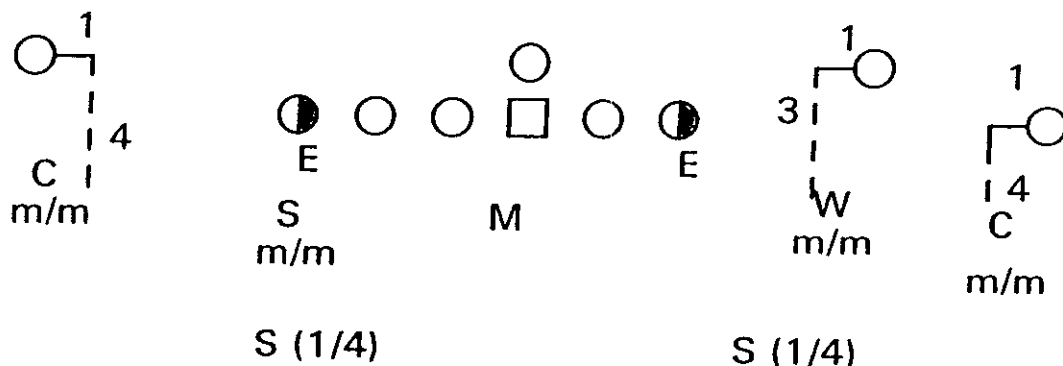
1/2

WEAK CORNER IS MAN WITH WIDEST RECEIVER

STRONG SAFETY READS #2 RELEASE

FREE SAFETY READS #2 RELEASE

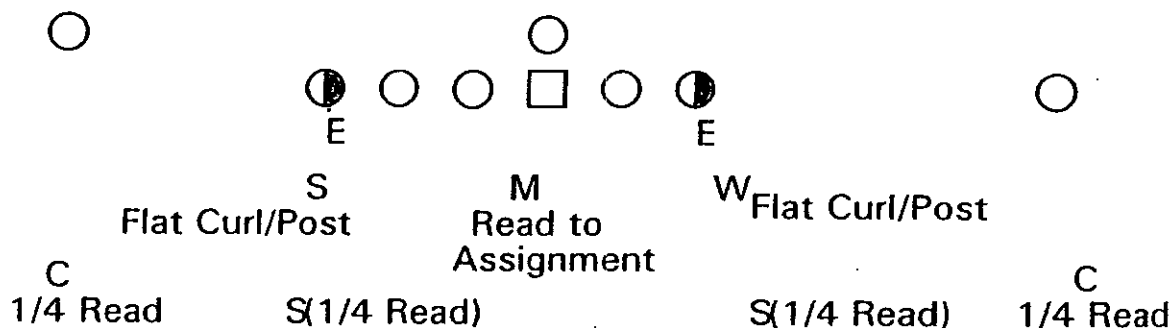
Cover 1



Position	Alignment	Read	Run Responsibility	Pass Responsibility
Left Corner	1x4 off #1	M/M #1	To: Secondary Force Away: Pursuit	M/M #1
Strong Safety	1x10 off #2	#2	To: Alley Away: Pursuit	1/4 off #2 read M/M #2 vs Trips
Free Safety	1x10 off #2	#2	To: Alley Away: Pursuit	1/4 off #2 read M/M #2 vs Trips
Right Corner	1x4 off #1	M/M #1	To: Secondary Force Away: Pursuit	M/M #1
Mike	10 BACKER	Read to Assignment	To: A Gap Away: B Gap	Curl/Post
Strong Linebacker	M/M #2 TE Stack 70	#2 M/M #3 M/M Trips	To: D Gap Away: Pursuit	M/M #2 M/M #3 vs Trips
Weak Linebacker	1x3 off #1	#2 M/M #3 M/M Trips	To: D Gap Away: Pursuit	M/M #2 M/M #3 vs Trips

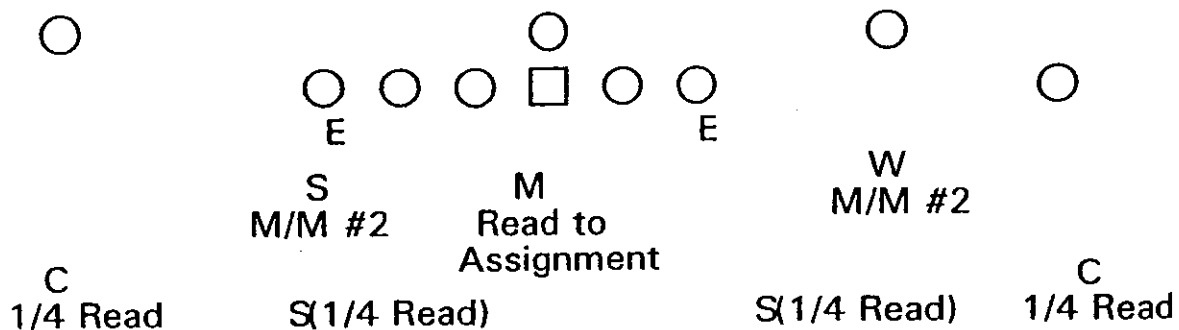
<i>Position</i>	<i>Alignment</i>	<i>Read</i>	<i>Run Responsibility</i>	<i>Pass Responsibility</i>
Left Corner	1x7 off #1	2 to QB	To: Force Away: Pursuit	Flats
Strong Safety	1x10 off #2	2 to QB	To: Secondary Force Away: Pursuit	Deep 1/2
Free Safety	1x10 off #2	2 to QB	To: Secondary Force Away: Pursuit	Deep 1/2
Right Corner	1x7 off #1	2 to QB	To: Force Away: Pursuit	Flats
Mike	10 BACKER	Read to Assignment	To: Strong A Away: Weak B	Read to Assignment (3-2, 4-3)
Strong Linebacker	70 STACK	#2 to #1	To: Strong D Away: A gap to cutback	Curl/Post
Weak Linebacker	50 STACK	#2 to #1	To: Weak B Away: Cutback	Curl/Post

Cover 4



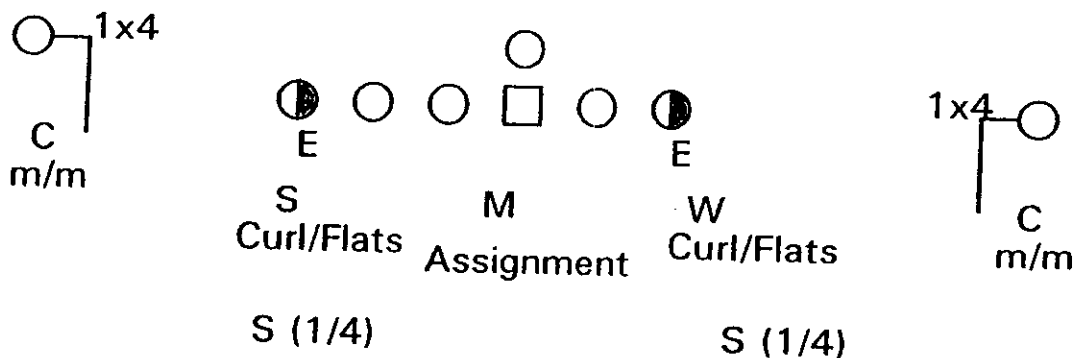
Position	Alignment	Read	Run Responsibility	Pass Responsibility
Left Corner	1x7 off #1	#2 to QB	To: Secondary Force Away: Pursuit	M/M #1
Strong Safety	1x10 off #2	#2 to QB	To: Alley Away: Fit	#2 verticle M/M #2 #2 Out or Drag Help #1
Free Safety	1x10 off imaginary TE	#2 to QB	To: Alley Away: Fit	#2 verticle M/M #2 #2 Out or Drag Help #1
Right Corner	1x7 off #1	#2 to QB	To: Secondary Force Away: Pursuit	M/M #1
Mike	10 BACKER	Read to Assignment	To: A Gap Away: B Gap	Curl/Post
Strong Linebacker	70 STACK BACKER	#1	To: D Gap Away: A Gap Cutbacks	Flat Curl/Post
Weak Linebacker	50 STACK BACKER	#1	To: B Gap Away: A Gap Cutbacks	Flat Curl/Post

Cover 4 "Zone"



<i>Position</i>	<i>Alignment</i>	<i>Read</i>	<i>Run Responsibility</i>	<i>Pass Responsibility</i>
Left Corner	1x7 off #1	#2 to QB	To: Secondary Force Away: Pursuit	M/M #1
Strong Safety	1x10 off #2	#2 to QB	To: Alley Away: Fit	Ignore underneath routes #2 short route, Help #1 hard inside
Free Safety	1x10 off imaginary TE	#2 to QB	To: Alley Away: Fit	Ignore underneath routes #2 short route, Help #1 hard inside
Right Corner	1x7 off #1	#2 to QB	To: Secondary Force Away: Pursuit	M/M #1
Mike	10 BACKER	Read to Assignment	To: A Gap Away: B Gap	Curl/Post
Strong Linebacker	DEPENDS ON #2 ALIGN.	#2	To: D Gap Away: A Gap Cutbacks	M/M #2
Weak Linebacker	DEPENDS ON #2 ALIGN.	#2	To: D Gap Away: D Gap Cutbacks	M/M #2

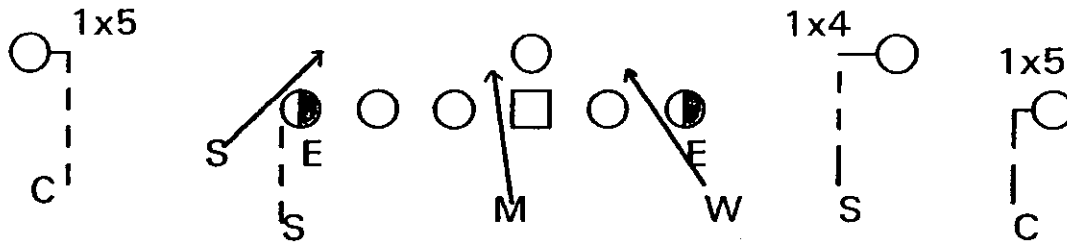
Cover 4 "Bump"



May also run tight press coverage.

Position	Alignment	Read	Run Responsibility	Pass Responsibility
Left Corner	1x4 off #1	#1	To: Secondary Contain Away: Pursuit	M/M #1
Strong Safety	2x10 off TE	#2 to QB	To: Alley Away: Fit Support	Deep 1/4 Post/Curl
Free Safety	2x10 off Ghost TE	#2 to QB	To: Alley Away: Fit Support	Deep 1/4 Post/Curl
Right Corner	1x4 off #1	#1	To: Secondary Contain Away: Pursuit	M/M #1
Mike	10 BACKER	Read to Assignment	To: A Gap Away: B Gap	Read to Assignment (3-2, 4-3)
Strong Linebacker	70 STACK	#1	To: D Gap Away: A Gap to Cutback	Curl/Flat
Weak Linebacker	50 STACK	#1	To: B Gap Away: A Gap to Cutback	Curl/Flat

Cover 5



THIS IS A STRAIGHT MAN TO MAN COVERAGE WITH NO SAFETY
AND MUST HAVE A BLITZ PACKAGE.

<i>Position</i>	<i>Alignment</i>	<i>Read</i>	<i>Run Responsibility</i>	<i>Pass Responsibility</i>
Left Corner	1x5 off #1	M/M # 1	To: Secondary Force Away: Pursuit	M/M #1
Strong Safety	1x4 off #2 Nose x5 off TE	Blitz Assignment	To: Secondary Force Away: Pursuit	M/M #2 M/M #3 Trips
Free Safety	1x4 off #2 Nose x5 off TE	M/M #2 (M/M #3 Trips)	To: Secondary Force Away: Pursuit	M/M #2 M/M #3 Trips
Right Corner	1x5 off #1	M/M # 1	To: Secondary Force Away: Pursuit	M/M #1
Mike	10 BACKER	Blitz Assignment	To: (BLITZ ASSIGN) Away:	Blitz Rush
Strong Linebacker	STACK 70	Blitz Assign (M/M #4 if quads)	To: (BLITZ ASSIGN) Away:	Blitz Rush Check Empty
Weak Linebacker	STACK 50	(M/M #2 Empty) Blitz Assign	To: (BLITZ ASSIGN) Away:	Blitz Rush Check Empty

QUARTERS COVERAGE

Why quarters coverage?

Support structure vs. the Run:

It takes the traditional 7 man front and makes it an eight man and nine man front principle with the involvement of our safeties against the run.

Flexibility vs. Play-Action Passes:

It will enable us to handle full and split flow play pass variations with our four deep defenders.

Ability to Handle Hour Verticals:

It will allow us to handle balanced one-back sets by matching four defensive secondary backs on what can easily become four vertical receivers.

Base Alignments

We feel that quarters coverage serves as a good compliment to our four down lineman scheme.

Sam: Tight end side alignment.

Will: Open end side alignment.

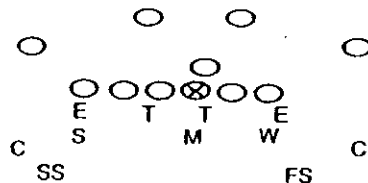
Mike: Middle alignment.

Corners: Align left and right 5-7 yards off #1 receiver outside shoulder.

Strong Safety: Align safety over TE 8-10 yards off,

Free Safety: Free safety will align over ghost end 10 yards off.

Diagram 1



Run Support

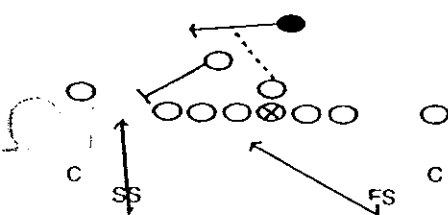
Aggressive support by our safeties gives us the addition of an eighth and sometimes a ninth man to our front seven force unit. The safeties will try to quickly distinguish between run and pass by reading the backfield action through their respective sides of the offensive line.

Offensive line helmet level, second tier blocking and contact sounds are all big run/pass indicators in conjunction with backfield action. **Safeties must learn to read by being flat footed on the snap of the ball.** Upon reading run, the safeties must distinguish if it is inside or outside run.

Against an outside run, the near safety must close ground toward the line of scrimmage as quickly as possible. He must turn the ball back inside, or force it to bubble deep and outside where our force unit can run it down. The far safety will take a traditional inside out path to the ball, fitting in behind the backside linebacker. (See Diagram 2a)

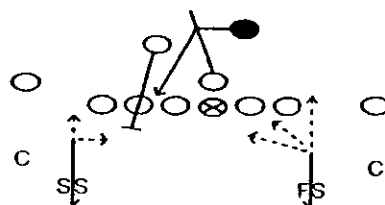
Against the inside run (inside the tackle box), the near safety again wants to close ground toward the line of scrimmage as quickly as possible, alert to fall back inside if the ball stays there, but always ready for the bounce. The far safety must close toward the LOS while keeping his original width in anticipation of the cutback. (See diagram 2b)

Diagram 2A



QUARTERS COVERAGE

Diagram 2B



Pass Assignments

In general, the linebackers will handle the underneath zones from the inside out. The corners will have the outside quarters and the safeties will have the inside quarters. (See Diagram 3)

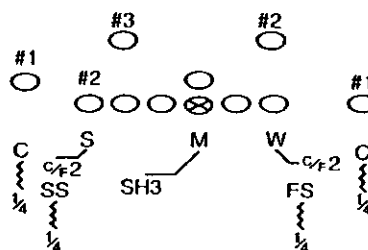
Sam & Will: Curl to Flat off #2

Mike: Strong hook off #3

Corners: Outside $\frac{1}{4}$, man-to-man on #1 on all routes 10 yards or deeper.

Safeties: Inside $\frac{1}{4}$, read off #2

Diagram 3



Pass Technique

The corners will play a soft bump and run from a press, or a man off technique from seven yards deep. Man off technique is broken into three components.

Three-step read: Key the quarterback for the three-step passing game.

Speed Zone: Upon clearing the three-step, work for speed in the back pedal with vision now on the receiver. (10 – 18 yards)

Transition Area: 18+ yards. By this point, the corner will have either transitioned forward on an intermediate route, or will be transitioning on a deep route.

The base pass techniques for the linebackers and the safeties are predicated on the release of the #2 aligned receiver. The #2 aligned receiver can give the safeties one of three reads.

1. Double read.
2. Man read.
3. Zone the $\frac{1}{4}$ read.

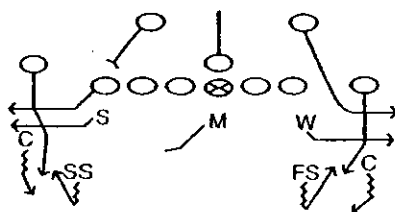
#2 Arrow Route: Double Read (See Diagram 4)

Sam & Will: Keep pace with #2 while gaining depth to 6-8 yards. See the quarterback.

Mike: Zone off #3 at 8-10 yards. Read the directional key (quarterback's front shoulder and head) and delivery key (long arm of the quarterback)

Safeties: Upon reading pass and an arrow route by #2, vision goes to #1. Read #1's body language. Against a long striding #1, play inside and underneath the post. Against a receiver who is throttling down, rob the curl area.

Diagram 4



QUARTERS COVERAGE

#2 Vertical: Man Read (See Diagram 5)

Sam: Carry the tight end 8-10 yards deep, zone off the quarterback.

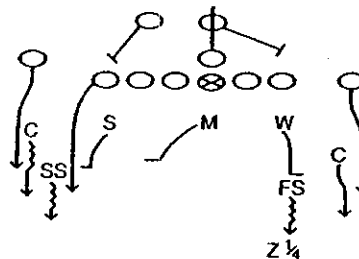
Will: Zone off #2, 8-10 yards deep.

Mike: Zone off #3, 8-10 yards deep.

Strong Safety: Play #2 man-to-man after 8-10 yards. Keep vertical separation on #2, see through him to the quarterback.

Free Safety: zone the $\frac{1}{4}$. Continue getting depth, read the directional and delivery key of the quarterback.

Diagram 5



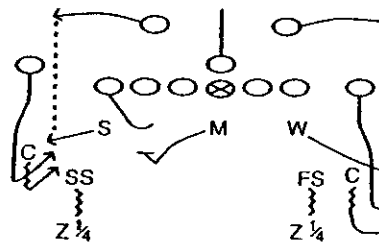
#2 Flare: Zone the Quarter (See Diagram 6)

Sam & Will: Drop to a point 3-4 yards inside the numbers, 8-10 yards deep. Zone off the quarterback, hold off the curl and break to the flat.

Mike: Zone off whoever becomes #3, 8-10 yards deep.

Strong & Free Safeties: Zone the $\frac{1}{4}$, continue getting depth, read the directional and delivery key of the quarterback.

Diagram 6



Play Action Pass Reads Full Flow Strong (See Diagram 7)

Sam: Play run, turn and run for width and depth, find outside leakage.

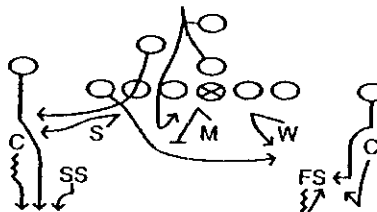
Will: Play run, turn and run for width and depth, find the crosser.

Mike: Play run, turn and run for the middle of the field. Collision crosser if possible.

Strong Safety: #2 drags, zone the $\frac{1}{4}$.

Free Safety: If no #2 threat, zone the $\frac{1}{4}$.

Diagram 7



Full Flow Strong: Z Crosser (See Diagram 8)

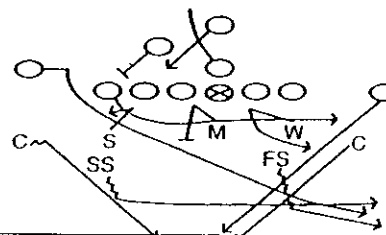
Sam, Mike, & Will: Same as full flow strong.

Strong & Free Safety: Jump Z crosser.

Left Corner: Overlap the post.

Right Corner: Man-to-man #1 any route over 10 yards +.

Diagram 8



QUARTERS COVERAGE

On this play, we need both safeties to handle the Z cross. The strong safety may get held up blocking crack block and the route is too deep for the Will to be of any assistance.

Misdirection Pass (Boots, Waggles, and Naked's) (See Diagram 9)

Sam: Play the run, zone off #2, and be alert for screen.

Will: Play run, sprint to flat threat.

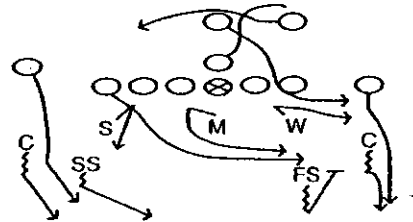
Mike: Play run, man pick up on tight end. Collision the TE if possible.

Strong Safety: Get depth to the middle of the field. Squeeze over deepest inside route.

Free Safety: Settle and look for crosser.

Corners: Man-to-man on #1 on any route 10 yards +.

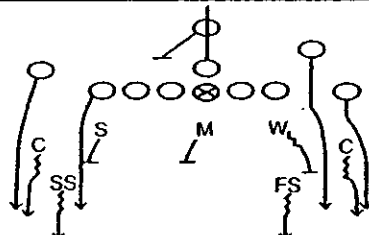
Diagram 9



One-Back Sets (See Diagram 10)

Against one-back sets, the linebacker and secondary reads remain the same. The secondary is in good position to handle the four verticals as well as any one-back play passes. The will linebacker must cover down on the removed #2 receiver. He will split the difference inside the #2 receiver. He will try to make the #2 receiver release and stay outside. He will then zone off the quarterback at 8-10 yards deep. The Free Safety will align 1x10 yards inside the #2 receiver.

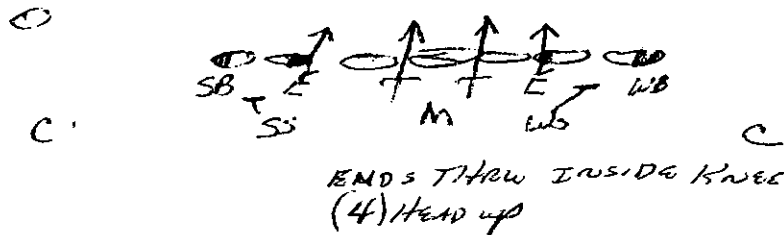
Diagram 10



Goal Line / Short Yardage

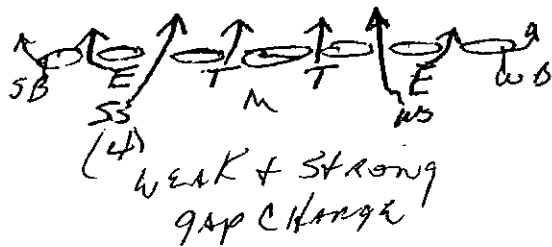
Goal Line Defense 6 - 5

REGULAR

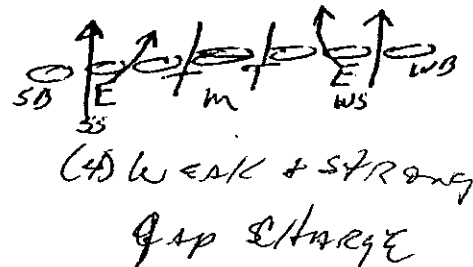


If two backs to one side Mike LB will move to stack to that side. Corner-backs on split man will ~~will~~ play inside eye to eye to take away slant pass.

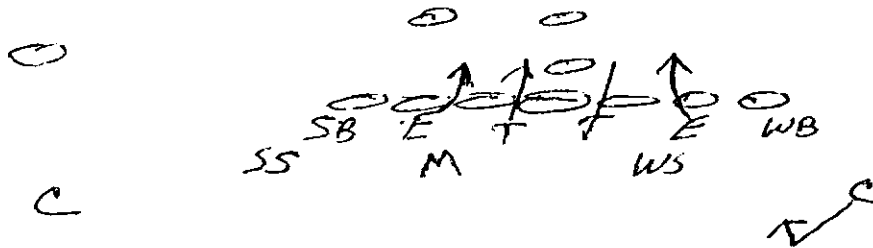
Double Split



Single Split

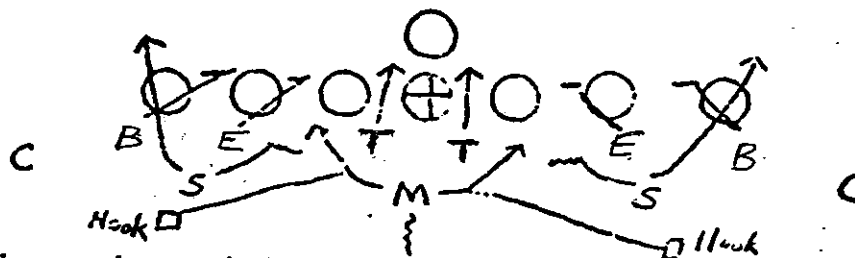


Heavy Flanker Adjustment



Motion Adjustments

1. Motion creating a wide wing or flanker will be treated as the normal adjustment calls for.
2. Motion creating 2 wide receivers out, both the safety and corner will go out with the inside man taking the inside zone and the outside man taking the outside zone. All stunts off.



TACKLES

- Line up in gap between center and guard on LOS. Have your elbows bent, feet up under you with neck bowed and close to ground with tail up. On snap penetrate 1 yard behind LOS keeping center and guard from releasing on LB. As you "EXPLODE" through the gap your head comes up, tail goes down and you bring your feet with you. As you come up pursue the ball, even if it is on the 1 foot line; there might be a fumble, missed snap or hand-off.

ENDS

- Line up on the outside eye of the offensive tackle in a 4 point stance pointed inboard at 45° angle. Charge hard and low through the tackle's neck to his inside knee. Tie him up and close the guard-tackle gap. Find the ball and go to it. Reckless rush on all passes.

S/W/B

- Line up on outside eye of end in 4 point stance pointed inboard at 45° angle. Charge hard and low through end's neck to his inside knee. Tie up the end and close off the end-tackle gap. On run Away, trail and keep leverage on reverses, bootlegs and screen passes. Flow Pass Your Way, fight upfield and get to passer; Flow Pass Away, trail and contain; Back-Up Pass, contain rush.

MLB

Line up nose on center with toes on line with heels of defensive guards. KEY BALL. You are responsible for guard-tackle gap on either side on run. After ball passes your responsibility go into eye opener. Back-Up Pass, shuffle back and cover your 1/5. Flow Pass, go to onside hook.

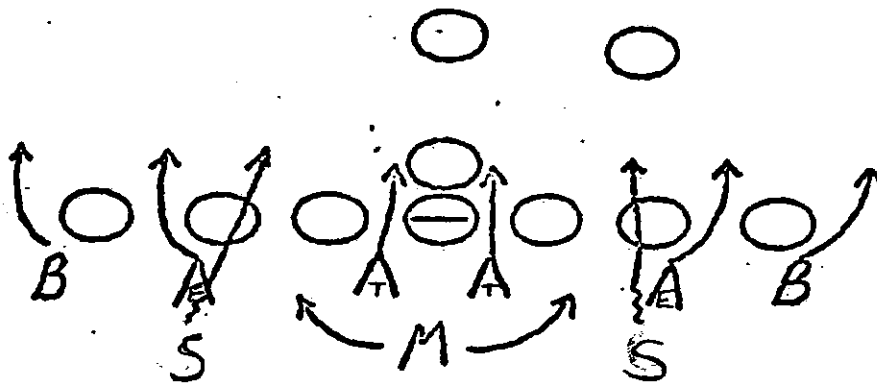
S

Line up splitting outside foot of defensive tackle 1 foot behind his heel. Flow Your Way, scrape off behind defensive end's charge. On Run At You attack the blocker and runner in your area of responsibility inside out leverage after ball passes you. Flow Pass Your Way, play your distance rule. Flow Away, check gap between guard and tackle for counter then go into your eye-opener. Flow Pass Away, cover middle. Back Up Pass, shuffle back and cover your 1/5 of field. Quick pass to end is yours.

CB

Line up 2 yards outside offensive end and half the distance to the goalline (But, never behind goalline) with your outside foot back. Be cautious and do not commit yourself too quickly. Run Your Way, contain--never let anyone get outside you. Flow Pass Your Way, shuffle back and cover outside 1/4 of field. Flow Away, keep everything inside and in front of you. BE ALERT for bootleg, reverse, throwback. REMEMBER--You cannot help to the other side. Back-Up Pass, shuffle back and cover outside 1/5 of field.

GOAL LINE DOUBLE SPLIT



Safeties

Line up tight behind the defensive end who is lined up at a 5 Tech. Position yourself so you can see the ball and on the snap run through staying away from the offensive guard as much as possible. Work for about a yard penetration and react from there. Be prepared for a quick tackle or ready to chase recklessly on flow out of your penetrating point.

Linebackers

Line up at a 9 Tech. and on the snap loop outside offensive end and penetrate about a yard. React normally from there.

Ends

Line up at a 5 Tech. and on the snap loop fast and hard between the end and tackle. Stay low and fight for penetration. React normally from there.

Tackles

Line up in the 1-Gap and charge low and hard on the snap working for penetration. You are responsible for quarterback sneaks and all plays up the middle. Your penetration should prevent the quarterback from ever coming straight down the line.

Mike

Line up normal and meet the first threat with power, hitting on the rice and knocking the runner back. Play your normal pass responsibility on pass actions.

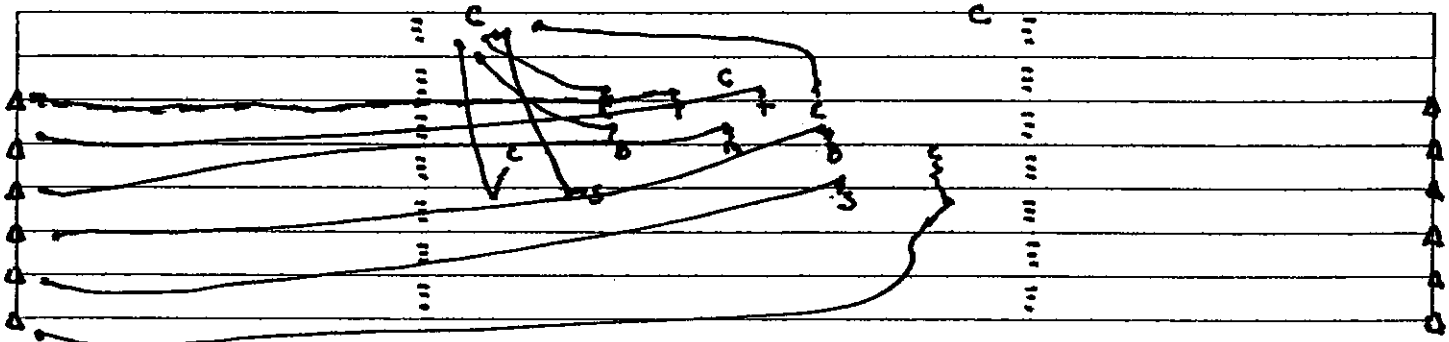
Corners

you have outside responsibility on wide runs. Turn play back quickly. On pass actions, play inside out on the receivers and cover the outside.

Pursuit Drill for all Levels

Set Up of Pursuit Drill:

1. Cones set on each sideline at 5 yard intervals.
2. Line spacer set up in the middle of the field.
3. One cone set 5 yards behind the line spacer and 5 yards wide of each end of the line spacer. This is the tackle cone.
4. 1st and 2nd defensive units are together on the sideline preparing to enter and huddle to make defensive call.



Drill Procedure:

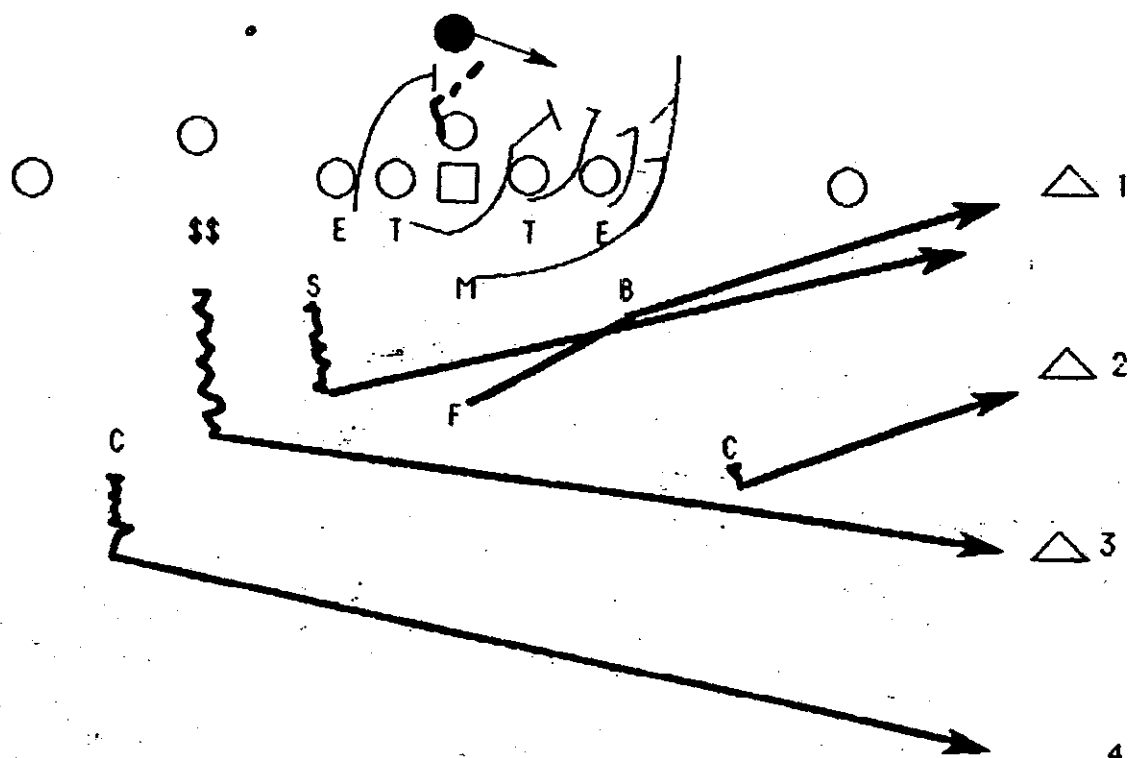
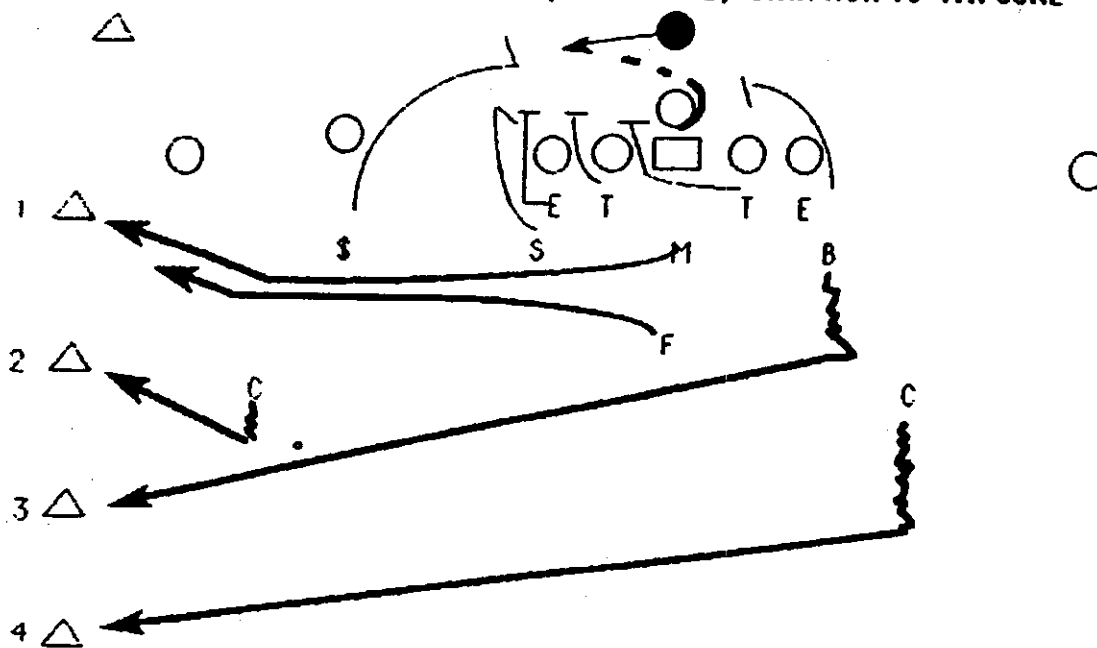
1. 1st defensive group will sprint onto the field when coach blows whistle.
2. They will huddle correctly and make defensive call.
3. Once call is made sprint out of the huddle to defensive position and set up in proper stance for your position.
4. Strength side will be indicated by the coach, Mike Lber will make the strength call.
5. Coach will give cadence and direction of the flow of ball.
6. One the snap the front 7 will do a belly flop and react to direction fo ball.
7. Corner, outside linebacker, DE, playside Safey to side of the ball will contact the cone set up behind the spacer to the side of flow, the backside end will also work to that cone.
8. The playside DT – Cone #1 on the sideline
 Backside Tackle – Cone #2
 Mike backer – Cone #3
 Backside Backer – Cone #4
 Backside Safety – Cone #5
 Backside Corner – Cone #6
 Players will break down on their cone, machine gun feet in the hitting position. On the whistle they will break to the tackle cone and break down again. On the next whistle that defensive group will huddle again and the drill starts over.

DEFENSIVE PURSUIT DRILL

THIS DRILL IS RUN TO BOTH SIDES. BALL IS TOSSED BY THE QB TO RB FOR A TOSS SWEEP.

RESPONSIBILITIES

\$\$ AND BENJAL: PLAYSIDE FORCE, SINK AND SPRINT TO 3RD CONE
SAM AND MIKE: PLAYSIDE HIP OF FORCE, BACKSIDE TO 1ST CONE
LINEMEN: COVER GAP, WATCH FOR CUTBACK
F/S: RUN ALLEY TO 1ST CONE
CORNER: PLAYSIDE 2ND CONE, BACKSIDE; SINK RUN TO 4TH CONE



WHEN IN POSITION, AND COMMAND IS GIVEN, PLAYERS RUN TO THE CONE BEHIND THE LOS AND BREAK.