

97

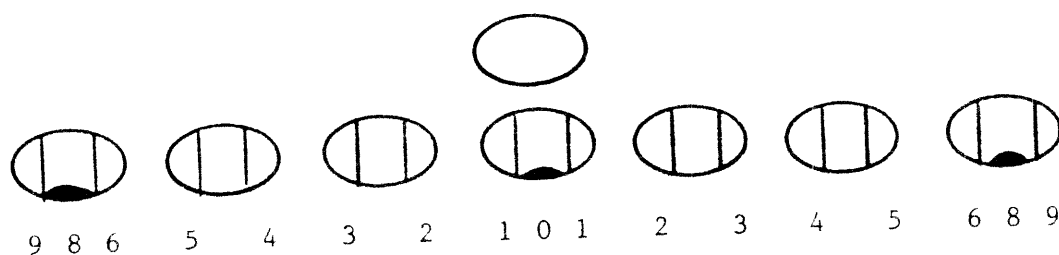
Arizona St.

5-2

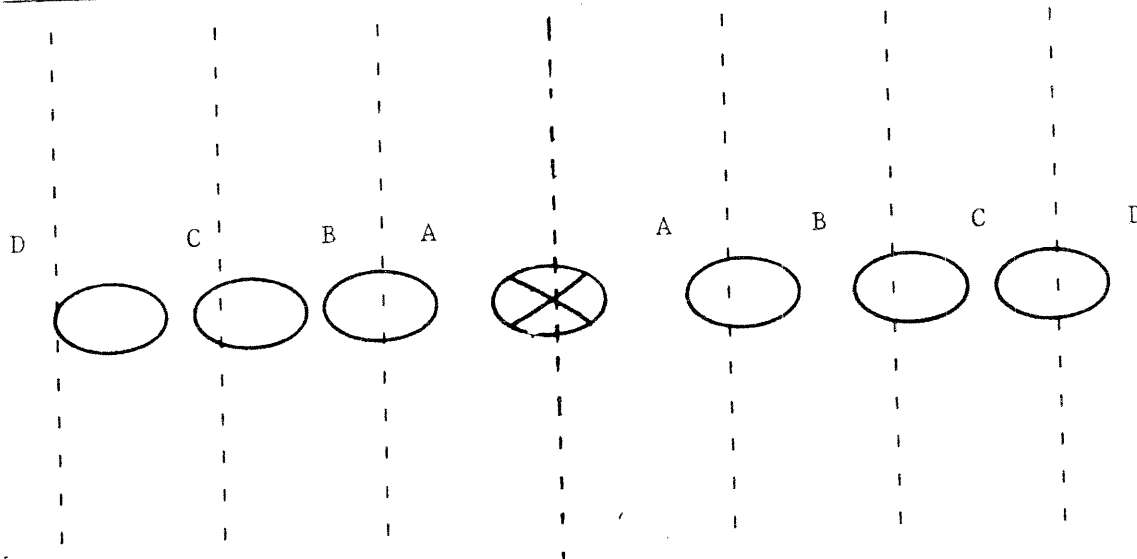
GAP CONTROL

Alignment of the forcing unit will be designated by number while their gap responsibility is identified by letter.

ALIGNMENTS:



GAP RESPONSIBILITY - Direction of ball determines front side



STATISTICAL DEFINITIONS & BIG PLAYS

1. TACKLE First hit on ball carrier which results in him going down.
2. ASSIST Tackler helps force ball carrier to ground. Must make contact with ball carrier.
3. MISSED TACKLE Defender misses tackle he should have made.
4. KNOCK EM BACKS Defender knocks ball carrier or blocker back toward opposite goal line.
5. BIG HITS Hit on ball carrier which results in an emotional or momentum change during the game.
6. SACK Tackling passer for a loss.
7. TACKLE FOR LOSS Tackling ball carrier for a loss.
8. FUMBLE CAUSED Hit which causes ball carrier to fumble.
9. FUMBLE RECOVERY Recovery of opponent's fumble.
10. PASS BROKEN UP Deflecting pass; collision on receiver which CAUSES pass to be incomplete; hit on passer which CAUSES pass to be incomplete.
11. PASS INTERCEPTION Interception of pass.
12. HIT ON QUARTERBACK Defender hits QB as pass is released.

OPTION RESPONSIBILITIES

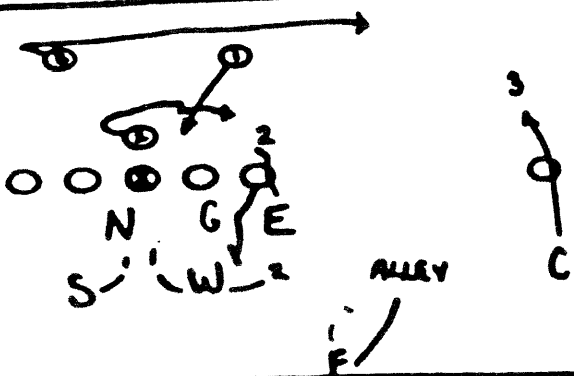
STRONG COVER 1 OR 2

Option Weak

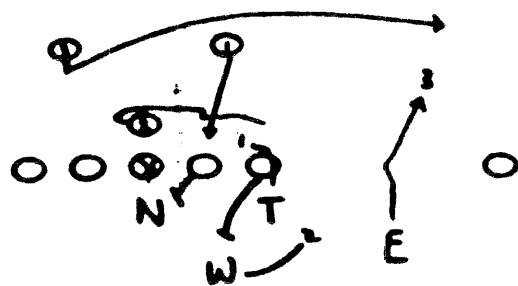
WILD SKY

Option Weak

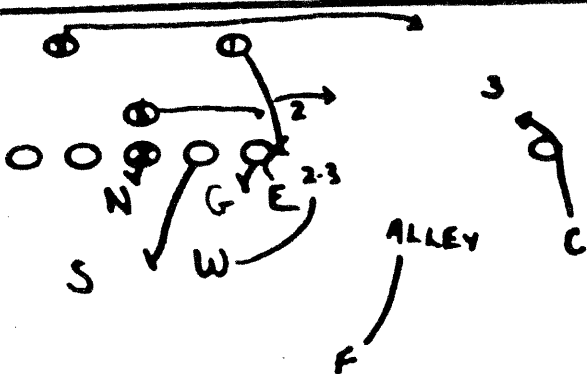
49 CT



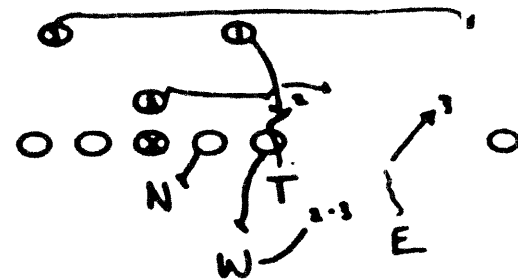
49 CT



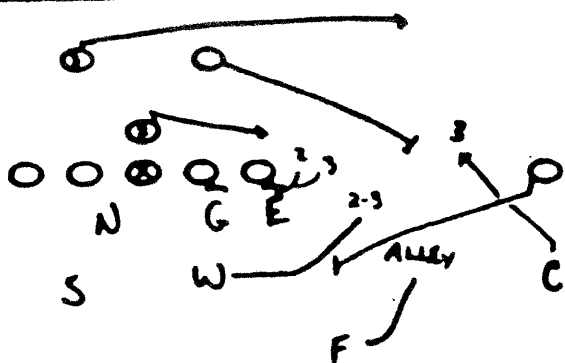
49 - L



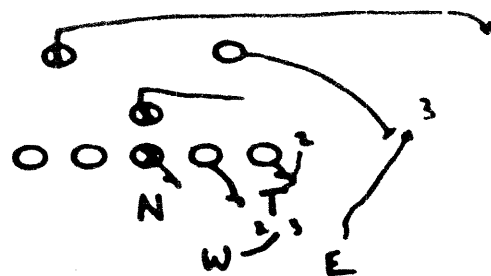
49 - L



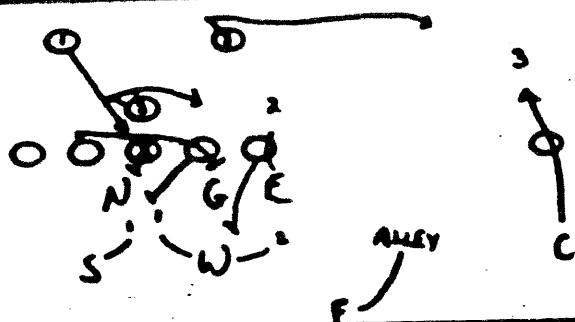
59



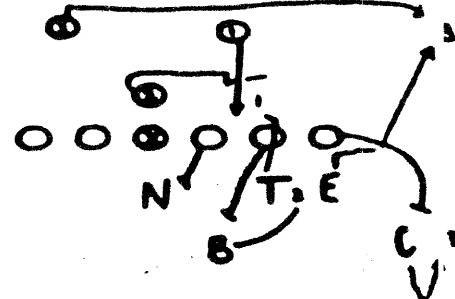
59



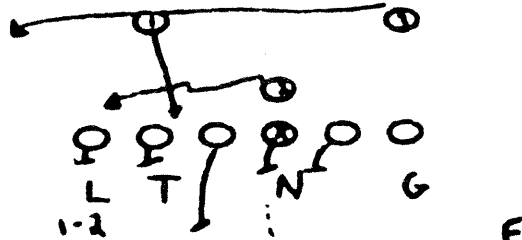
19



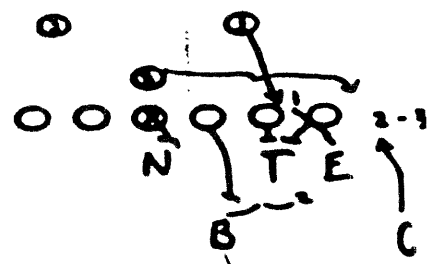
49 CTR



48 BASE vs. WILD SKY



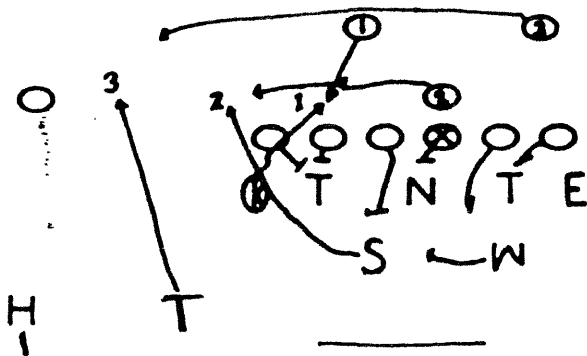
47



OPTION RESPONSIBILITIES

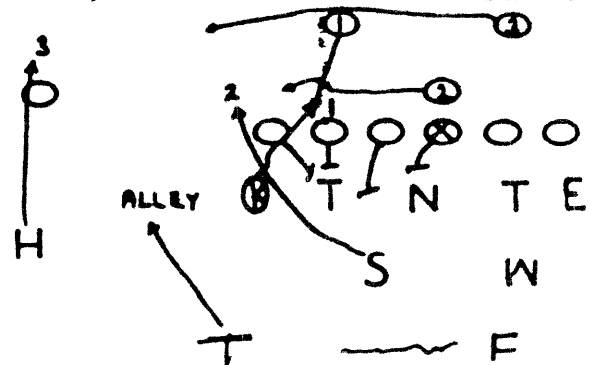
STRONG - COVER 1
Vs. Options - Strong Side

46

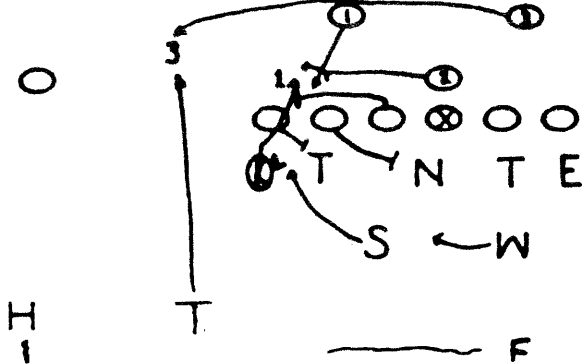


STRONG - COVER 2
50 Cover Purple
Vs. Options - Strong Side

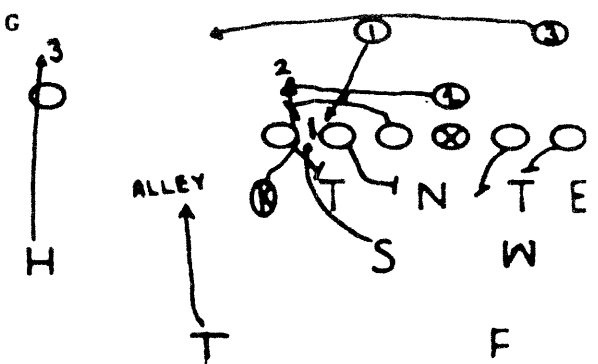
46



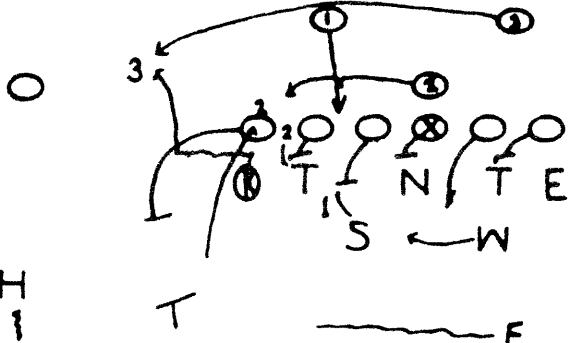
46 G



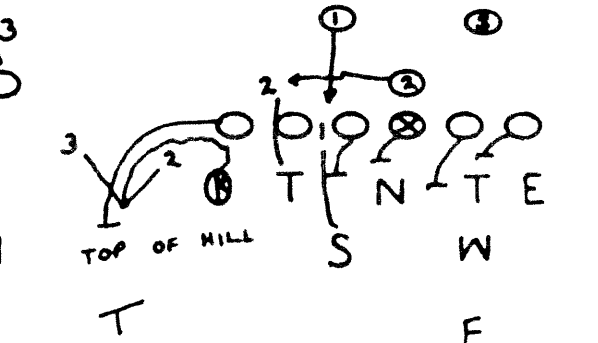
46 G



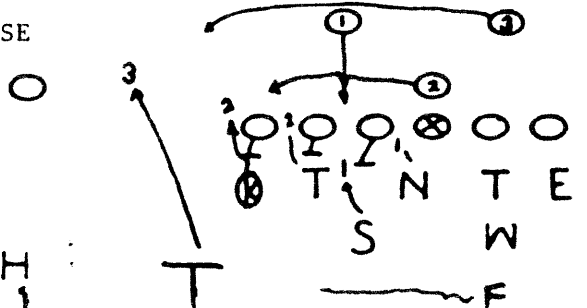
48



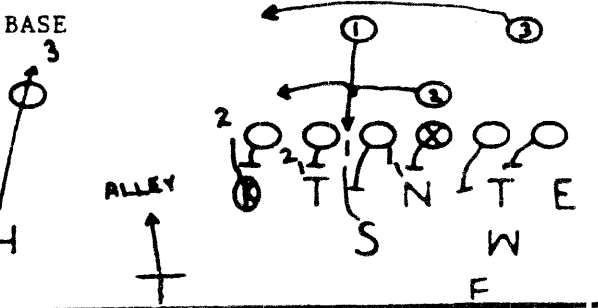
48



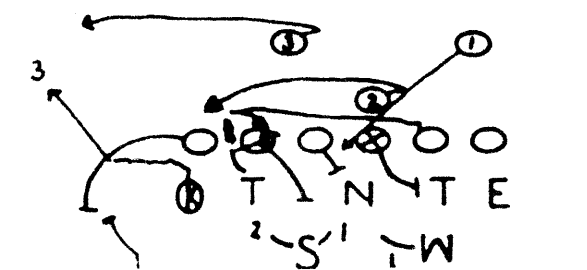
48 BASE



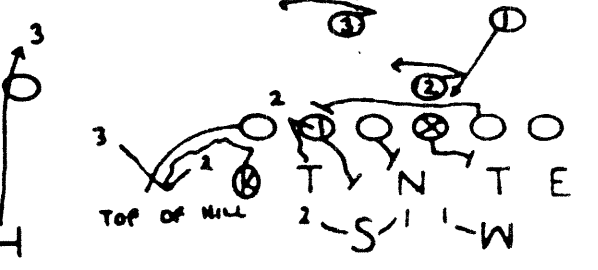
48 BASE



18



18



TACKLE BOX

-The area between the Offensive Tackles where the QB throws from pocket or pull-up.

TACKLE

-A tackle is a desired collision between the defensive man and the ball carrier in which the ball carrier is driven to the ground or out-of-bounds.

WIDE OPEN FIELD
TACKLING
TECHNIQUE

-Gather yourself and come under control 3 to 4 yards from the ball carrier, feet chopping and keeping your eyes on the belt buckle. As you come under control, lower hips and get into a good hitting position and make the tackle.

STEM

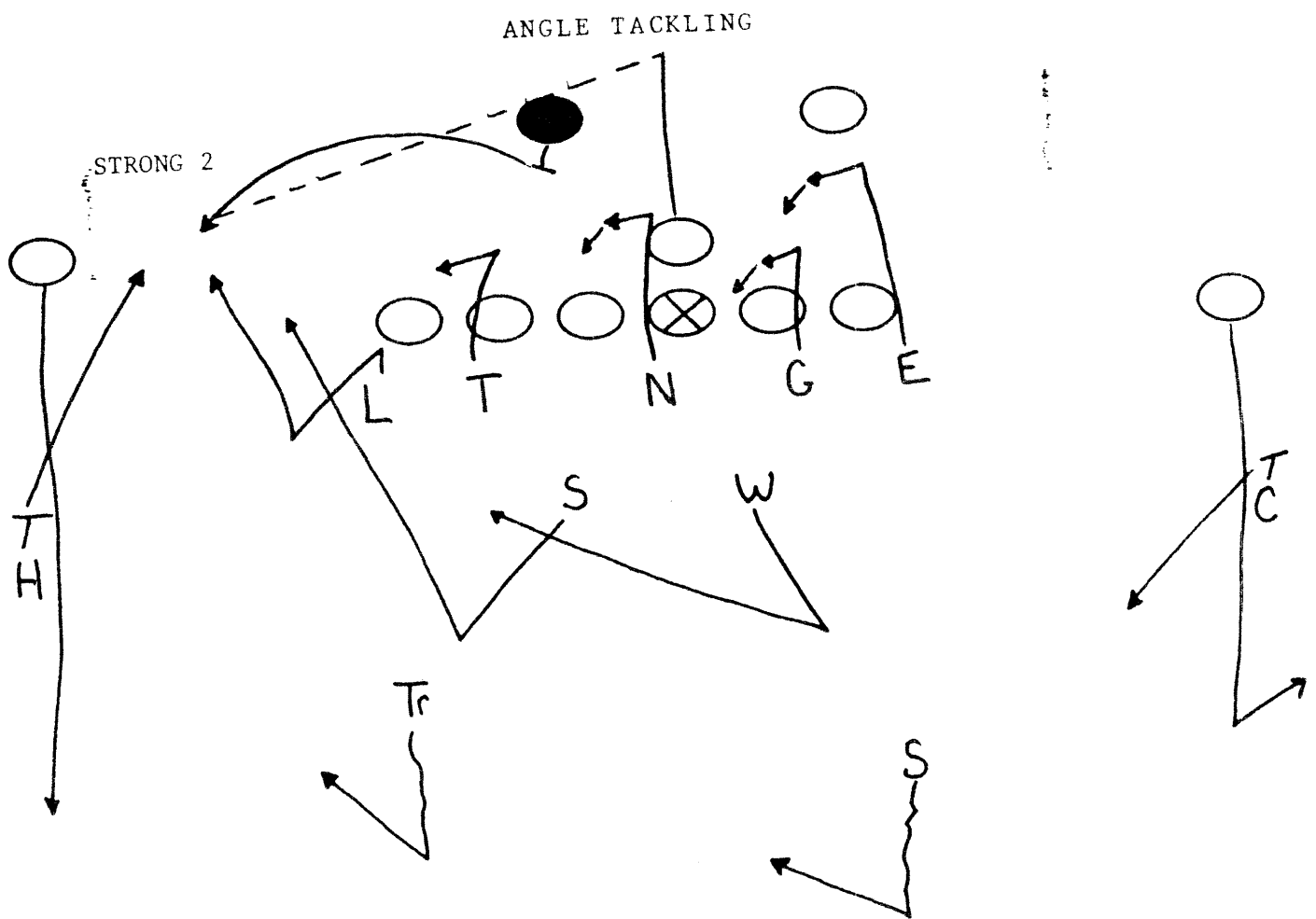
-Pre-determined alignment that can be a defense if the offense goes on first sound. We will shift to another defensive alignment if the offense audiblizs.

OMAHA

-Alert by Safety to check secondary, and LBers from man to zone coverage.

GENERAL DEFENSIVE TERMINOLOGY

BINGO	-Alert Call used to signify an interception
TROY	-Is the Strong Safety position that aligns himself to the wide side of the field.
HIT POSITION	-The fundamental stance assumed for hitting.
FORCING UNIT	-The front seven on defense excluding the defensive secondary.
GANG TACKLE	-When two or more teammates are involved in a tackle.
HALFBACK	-The widest defensive back to the wide side.
KEY	-Movement of an offensive player or the ball that will give us the direction of the play.
LEVERAGE	-A lateral or vertical position needed to pressure an opponent in proper perspective.
LONG MOTION	-Extended movement by a back before the ball is snapped that will allow defensive adjustment.
MIDDLE OF THE FIELD	-When the ball is positioned between the uprights of the goal post. Troy makes the determination.
NUMBERED RECEIVERS	-System used to identify receivers, numbering 1 through 3 from the outside of the formation to the ball.
MAD DOG Q.B.	-A passer who has broken contain and/or is a threat to run.
SHORT MOTION	-Movement by a back before the ball is snapped that will <u>not</u> allow defensive adjustment.
BOUNDARY SIDE	-The side of the field which is the smallest.
FIELD SIDE	-The side of the field which is the largest.
CRACK	-When wide out comes inside to block an End, LBer, or Troy.
CHASE	-Responsibility of one of backside linemen to pursue from behind at ball depth.



ANGLE TACKLING (Open Field)

Our open field tackling will continue to improve if we take the proper pursuit angle to the ball carrier. We must always strive to take away one cut from the ball carrier by our angle, and believe a teammate or the sideline will take the other cut away. Never let the ball carrier get you head up.

Always work to press the ball carrier by gaining upfield ground on him to reduce his cutback angle. By working hard on this we will be great open field tacklers.

GANG TACKLING

As a result of proper pursuit angles, gang tackling will occur. It is important that, when you come into a gang tackling situation, you should not strike with your helmet but use your shoulder so that there will be no chance of a spearing penalty.

"SO - IT'S RUN FOR THE ROSES
AS FAST AS YOU CAN
YOUR FATE IS DELIVERED -
YOUR MOMENT'S AT HAND.
IT'S THE CHANCE OF A LIFETIME,
IN THE LIFETIME OF CHANCE;
AND IT'S TIME THAT YOU JOINED IN THE DANCE."

TAKEN FROM "THE RUN FOR THE ROSES" BY DAN FOGELBERG

SPRINT TO THE BALL


Every principle of USC's Defensive Football is important. SPRINTING TO THE BALL is of prime importance for a mistake is not a mistake until the play is over. YOU CONTROL THE EFFORT you put forth on every play; every play must be all out to play defense USC's way.

Steps used in sprinting to the ball:

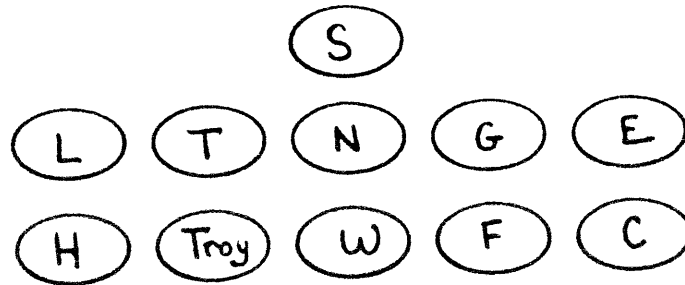
1. Attack your gap responsibility
2. React to movement
3. Locate the ball
4. Sprint all out with correct angle to the ball.
 - A) Run Low
 - B) Rip through blockers
 - C) If Pass, Line Rush Passer. When pass is thrown - Sprint to the thrown ball.
5. Get into position for a run through tackle.

REMEMBER:

GOOD THINGS HAPPEN WHEN YOU SPRINT TO THE BALL.



DEFENSIVE HUDDLE



1. Nose guard sets the huddle 3 yards from the ball. Hustle to huddle.
2. Front line has hands on knees. Back line has hands to their side.
3. Corner gives down and distance, eg. 1-10
4. Defensive signal caller steps into huddle and calls the defense one time. Example: "Strong 1, Ready, Break."
5. On break of the huddle, hustle to L.O.S. while the Free Safety repeats the coverage call to the secondary.
6. Troy gives his direction call. Linebacker gives direction call.
7. Players responsible for adjustments, make any necessary calls.

TACKLING

The most important quality needed by a Trojan defender is his ability to TACKLE!!!

To become a great tackler you need; (1) a burning desire to make contact and (2) repetition in the proper technique.

- I. Approach - Sprint to the ball at the proper angle. There is no breakdown position. Sprint low and hard and stay on track. Think turnover.
- II. Contact - Contact should be made with eyes open and head up. Rip arms and hands up and roll hips as you make contact. Accelerate your feet. Think turnover.
- III. Wrap - Rip arms up with elbows in and grab clothes with fingers. Emphasize keeping ball carrier wrapped by squeezing with arms and trying to lock hands.
- IV. Follow Through - Drive your feet until ball carrier is on the ground. Think turnover.
- V. "Think Turnover" - "I will cause fumbles because of the way I hit."

LONG MOTION AND TE TRADE ADJUSTMENTS

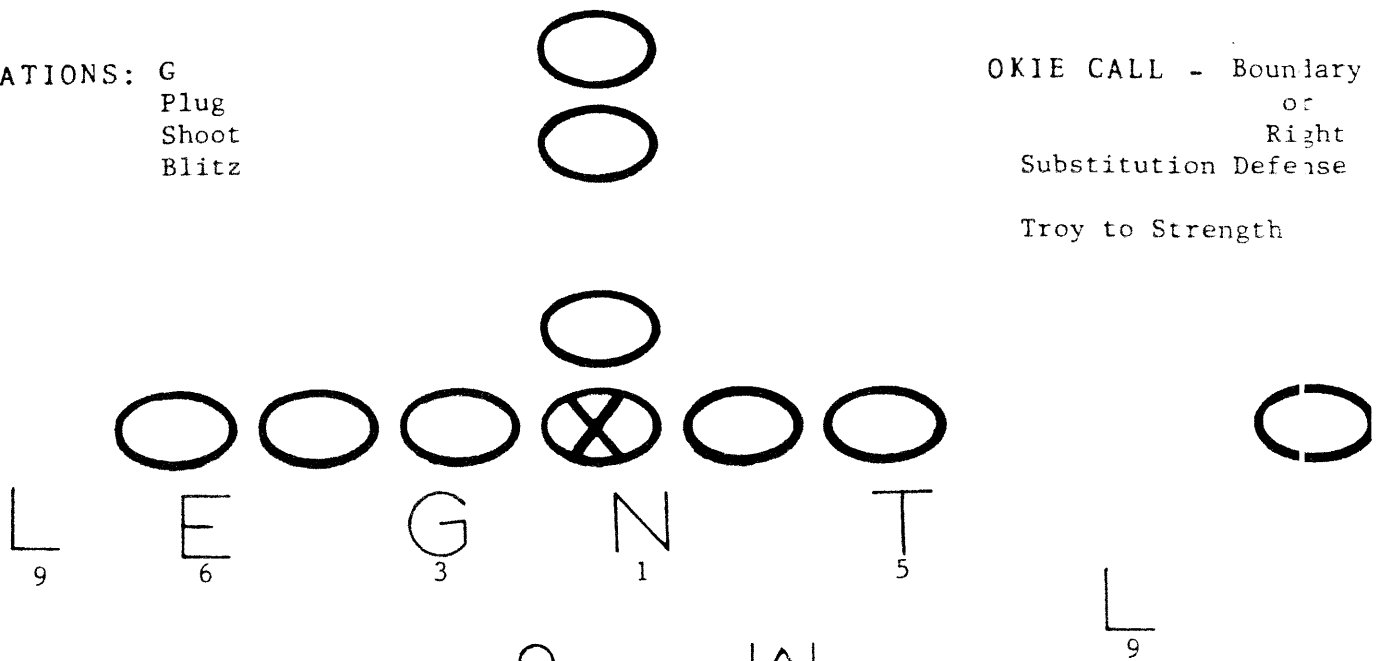
COVERAGE	ZAC TO OVER TO FIELD	ZAC TO OVER TO BOUNDARY	ZAC TO PRO TO FIELD	ZAC TO PRO TO BOUNDARY	MOTION TO TRIPS	MOTION TO DOUBLES	TE TRADE TO FIELD	TE TRADE TO BOUNDARY
1	1	3Tite	1	3 Tite	Bama 2 Texas	Bama 3 Texas	1	3 Tite
51	1	1	1	1	Purple	1	1	1
2	2	3Tite	2	3 Tite	Bama 2 Texas	Bama 3 Texas	2	3 Tite
52	2	2	2	2	Purple	2	2	2
3	3	3Tite	3	3 Tite	Bama 2	Bama 2	3	3
Sky	Sky	2	Sky	2	Sky	Sky	Sky	2
6	6	Sky	6	Sky	6	Sky	6	Sky
Invert	Invert	3Tite	Invert	3 Tite	Bama 3 2	Bama 3 Texas Invert	Invert	Invert
70			-----	-----			----->	
Cowboy	Cowboy	3Tite	Cowboy	3 Tite	Bama 2 Texas Cowboy	Bama 3 Texas Cowboy	Cowboy	3 Tite
Purple	-----	-----	-----	-----			----->	
4	-----	-----	(Bump Rules)	-----			----->	
5	5	(Go with man) 5	5	5	5/4	5/4	5	5
Dog	-----	-----	(Bump Rules)	-----			----->	
SM	-----	-----	(Go with man)	-----			----->	
Man	-----	-----	(Go with man)	-----			----->	
Red Dog	-----	-----	(Go with man)	-----			----->	
	-----	-----	(Go with man)	-----			----->	

TROJAN

VARIATIONS: G
Plug
Shoot
Blitz

OKIE CALL - Boundary
or
Right
Substitution Defense

Troy to Strength

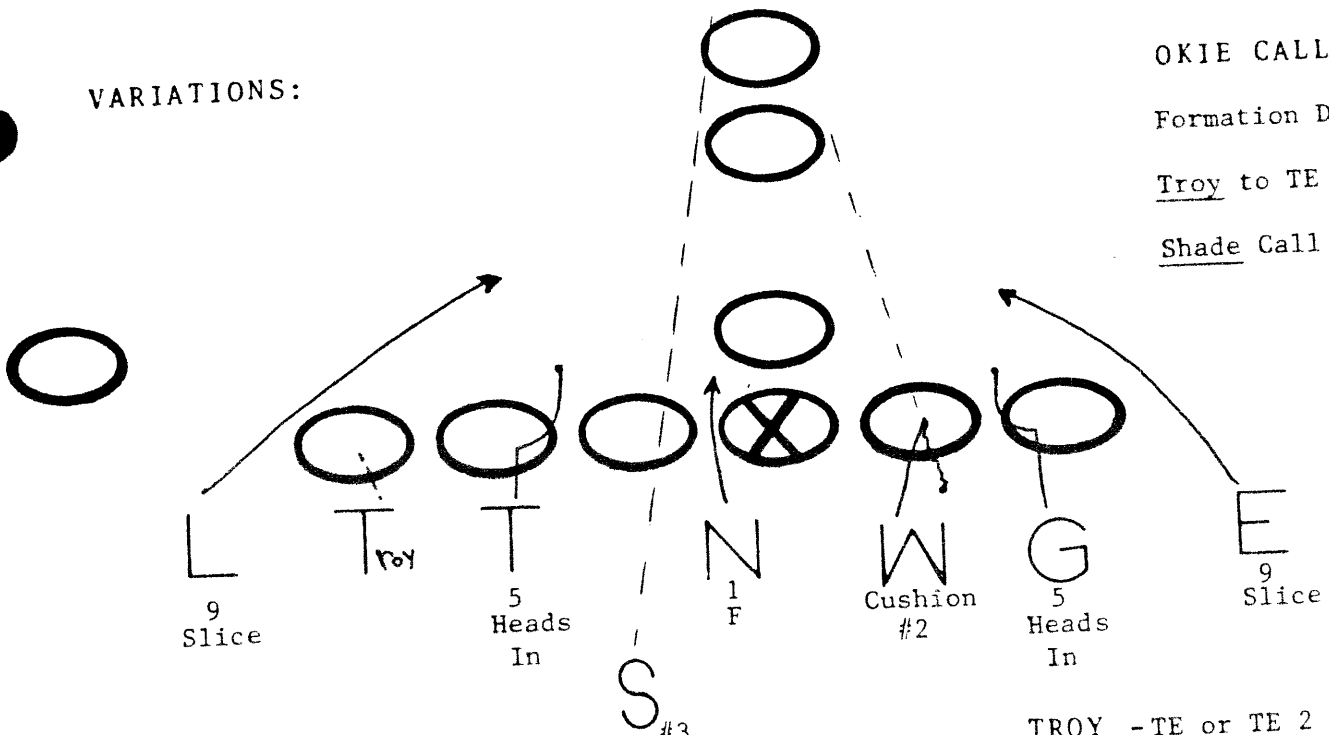


<p>Over Okie Call -</p> <p>Tr</p> <p>COVER - TROY - Strength</p>	<p>Two Tight Ends Okie Call -</p> <p>Tr</p> <p>COVER - TROY - Strength</p>
<p>Pro into Sideline Okie Call -</p> <p>Tr</p> <p>COVER - TROY - Strength</p>	<p>Doubles Okie Call -</p> <p>Tr</p> <p>COVER - TROY - Strength</p>

STICKY SAM

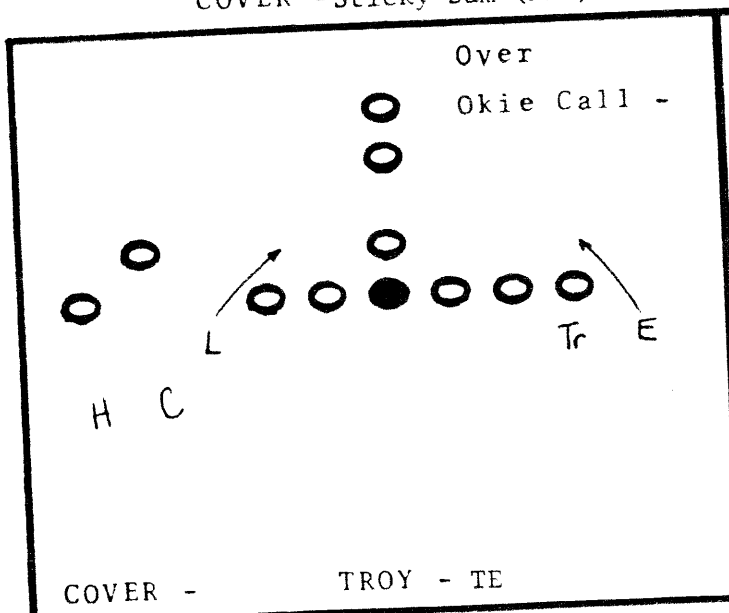
VARIATIONS:

OKIE CALL - None
Formation Defense
Troy to TE or 2 rec.
Shade Call to Troy

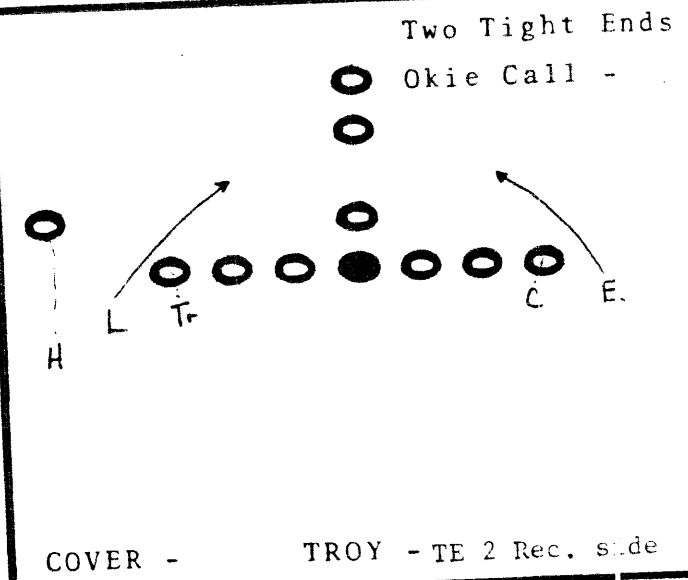


COVER - Sticky Sam (NBA) #3

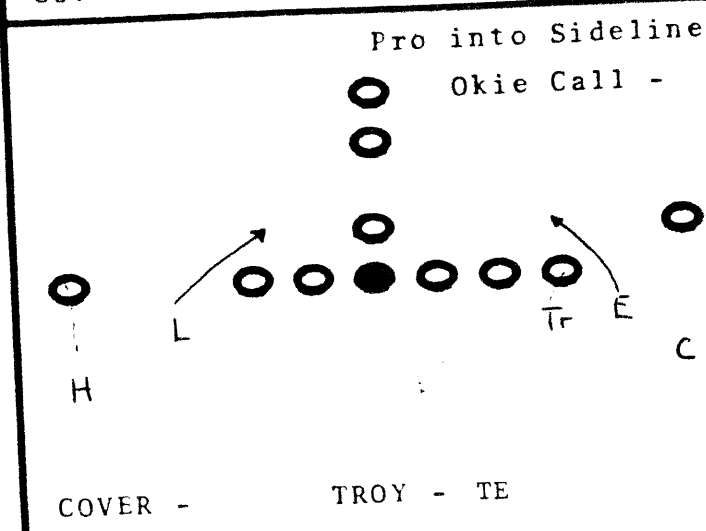
TROY - TE or TE 2 Receiver



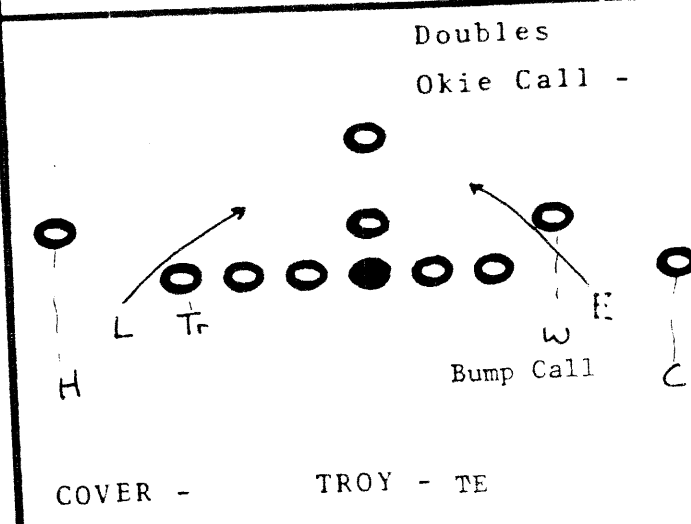
COVER - TROY - TE



COVER - TROY - TE 2 Rec. side



COVER - TROY - TE



COVER - TROY - TE

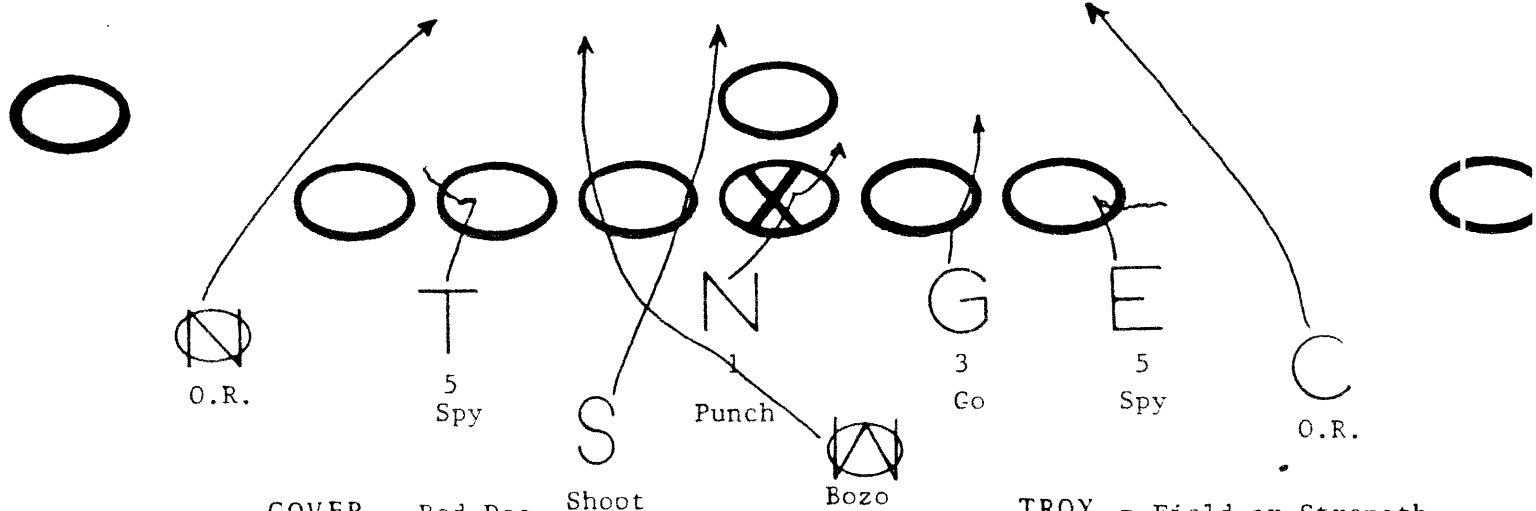
Bump Call

NICKLE BOZO

VARIATIONS:

OKIE CALL - Sam

NICKLE RULE - To Troy



COVER - Red Dog

Shoot

Bozo

TROY - Field or Strength

<p>Over Okie Call -</p> <p>COVER - TROY - Field or Strength</p>	<p>Two Tight Ends Okie Call -</p> <p>COVER - TROY - Field or Strength</p>
<p>Pro into Sideline Okie Call -</p> <p>Tr Make call to O.R.</p> <p>COVER - TROY - Left</p>	<p>Doubles Okie Call -</p> <p>COVER - TROY - Field or Strength</p>

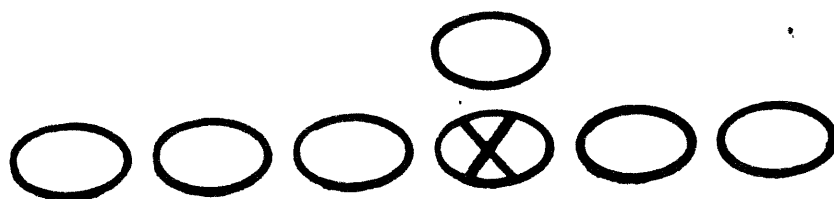
NICKLE

VARIATIONS:

Guard and Nose Alignment
by game plan

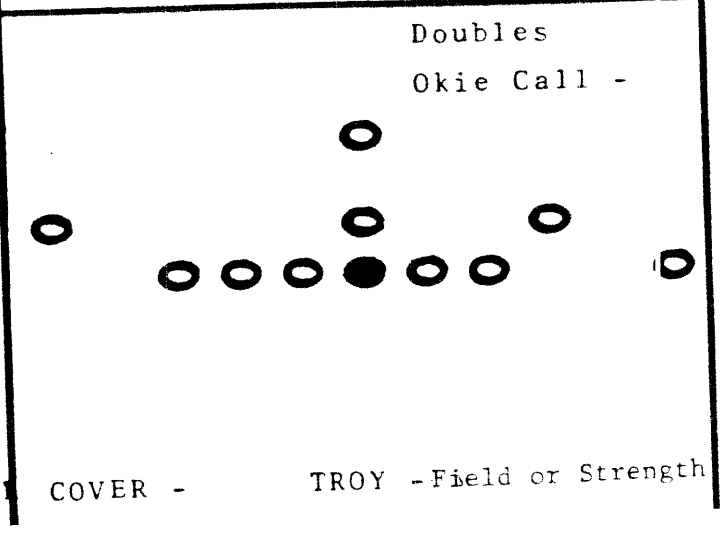
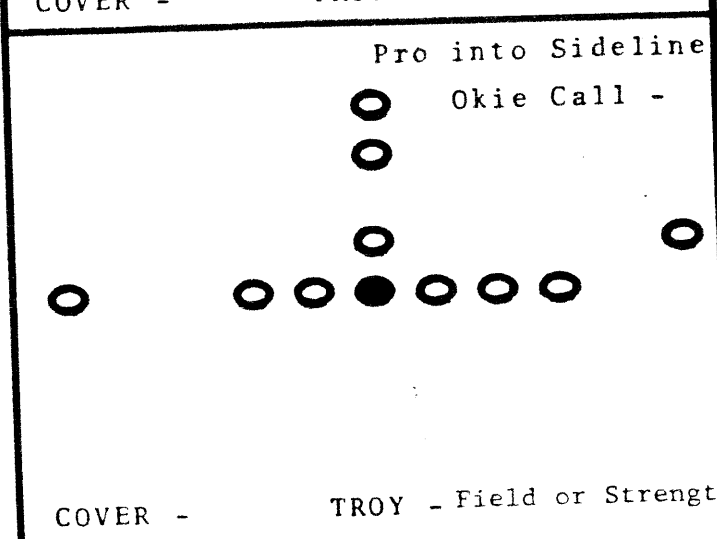
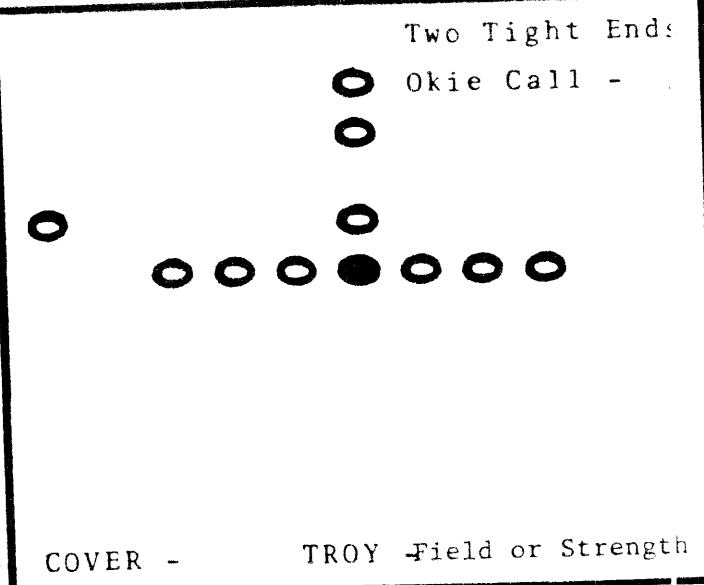
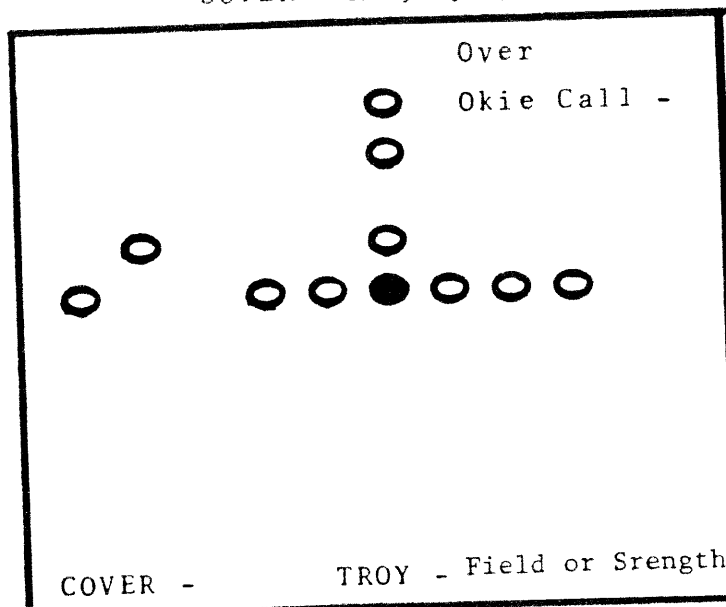
OKIE CALL - Sam

Nickle Rule - Go to Troy
man - Strength



COVER - Man, 3, 1, 2

TROY - Field or Strength

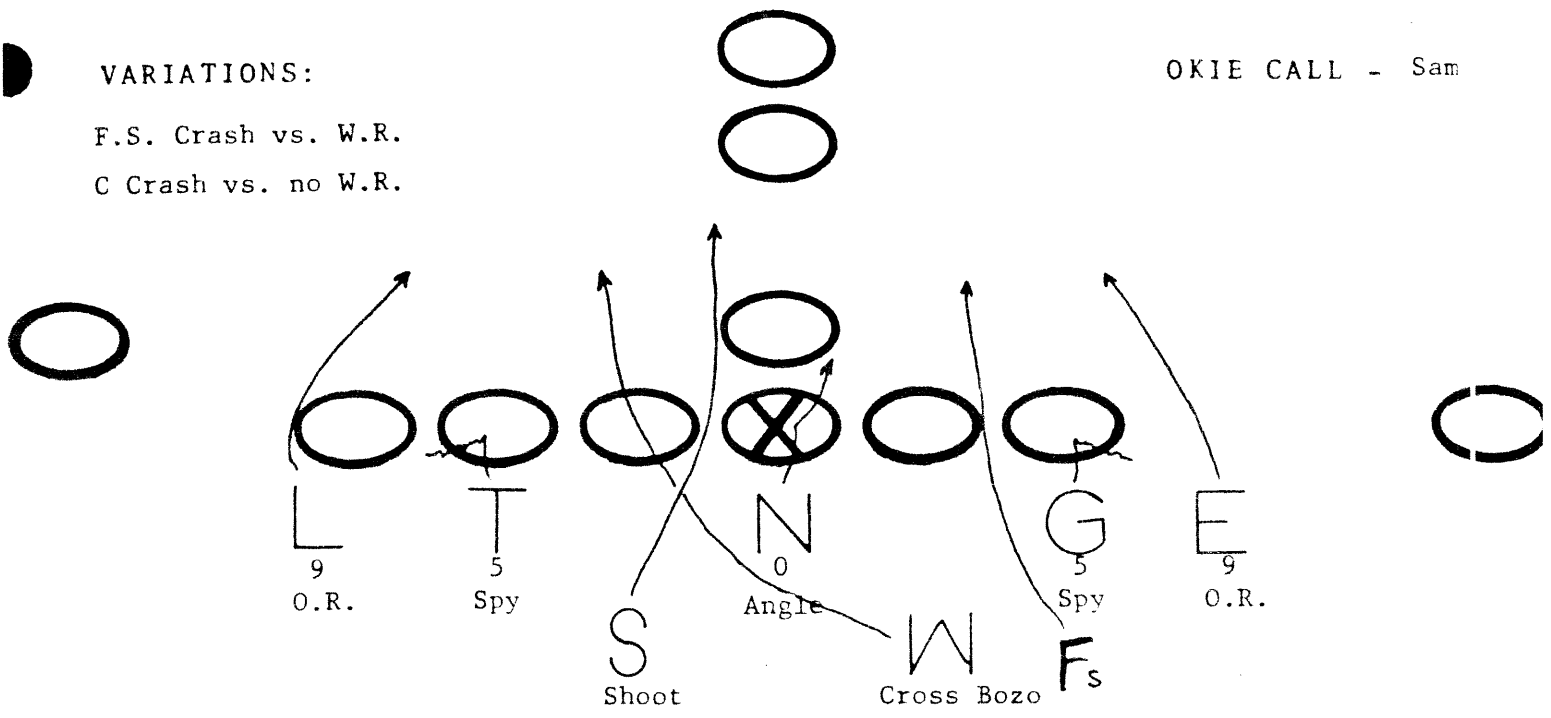


VARIATIONS:

F.S. Crash vs. W.R.

C Crash vs. no W.R.

OKIE CALL - Sam



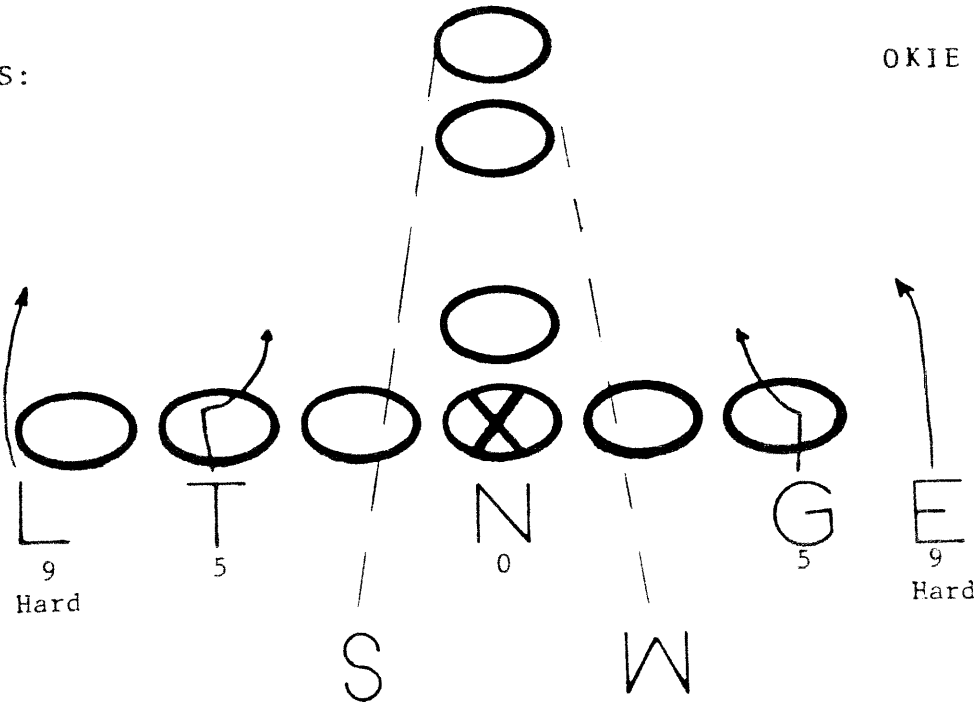
COVER - Red Dog

TROY - Field or Strength

<p>Over Okie Call -</p> <p>COVER - TROY -Field or Strength</p>	<p>Two Tight Ends Okie Call -</p> <p>COVER - TROY -Field or Strength</p>
<p>Pro into Sideline Okie Call -</p> <p>Troy makes call to Ed (I Got 'em) Tr Left</p> <p>COVER - TROY -Field or Strength</p>	<p>Doubles Okie Call -</p> <p>COVER - TROY -Field or Strength</p>

VARIATIONS:

OKIE CALL - Sam



COVER -

Okie

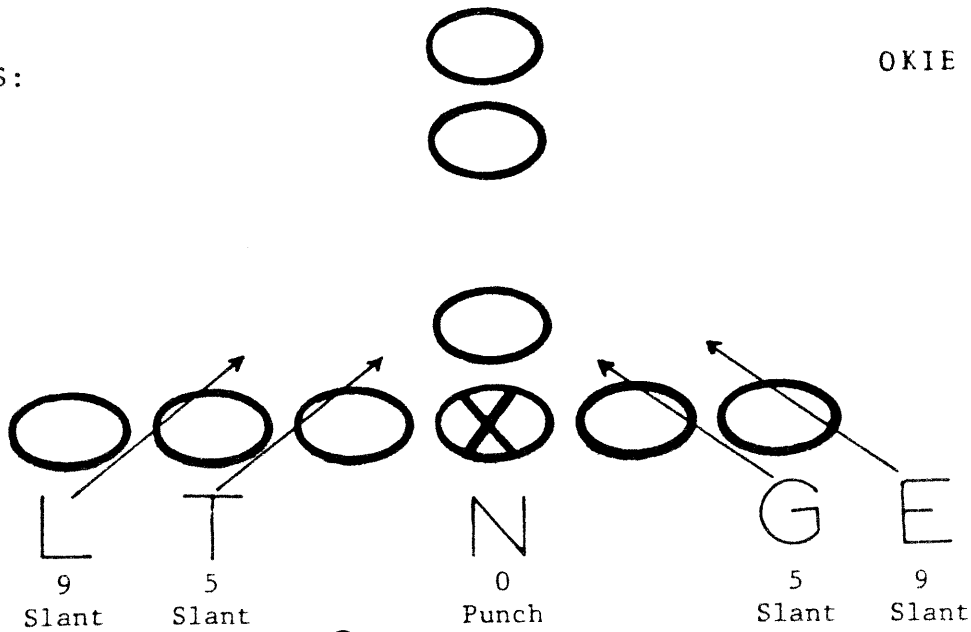
Okie

TROY - Field or Strength

<p>Over Okie Call -</p> <p>COVER - TROY -Field or Strength</p>	<p>Two Tight Ends Okie Call -</p> <p>COVER - TROY -Field or Strength</p>
<p>Pro into Sideline Okie Call -</p> <p>COVER - TROY -Field or Strength</p>	<p>Doubles Okie Call -</p> <p>COVER - TROY -Field or Strength</p>

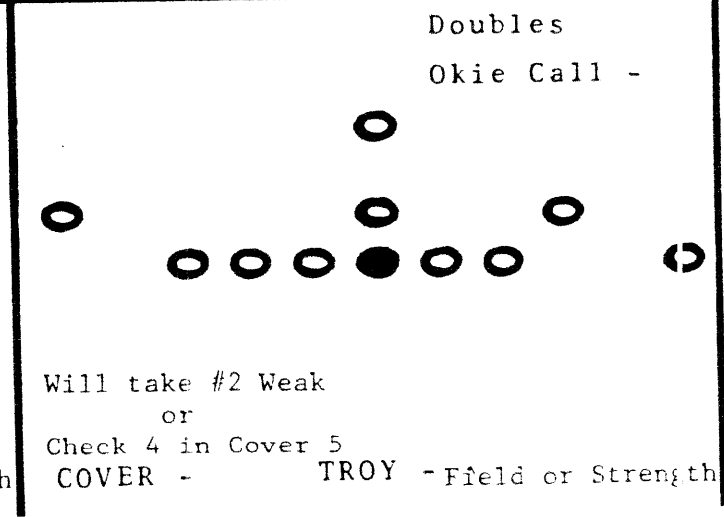
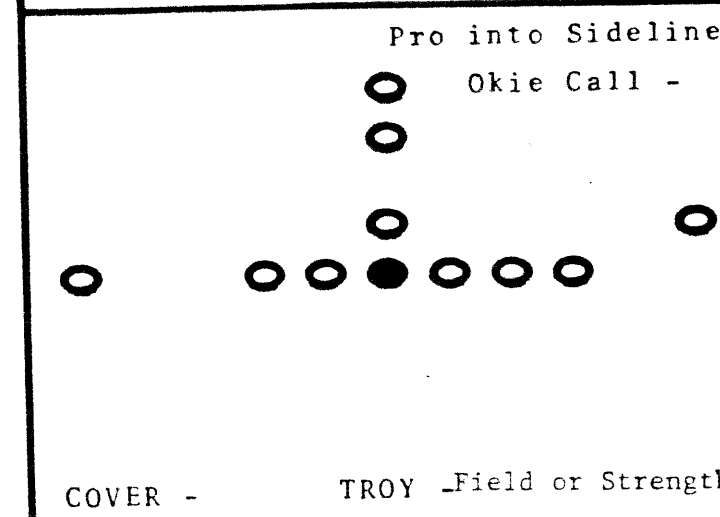
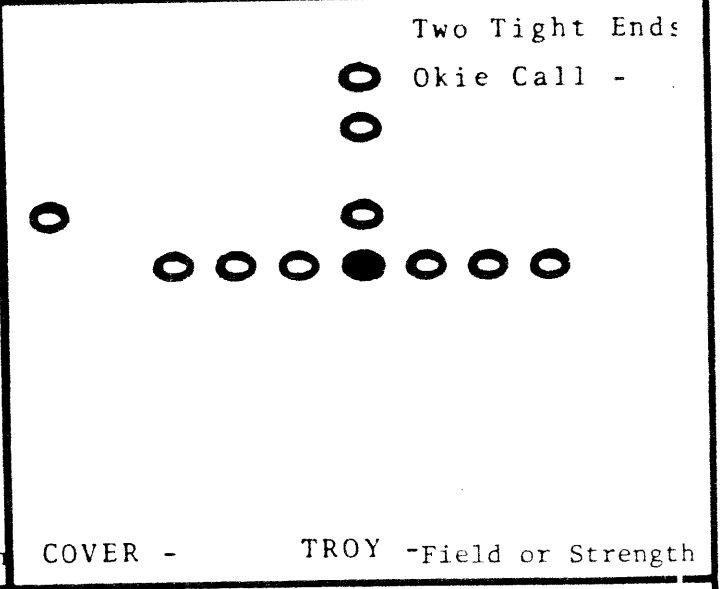
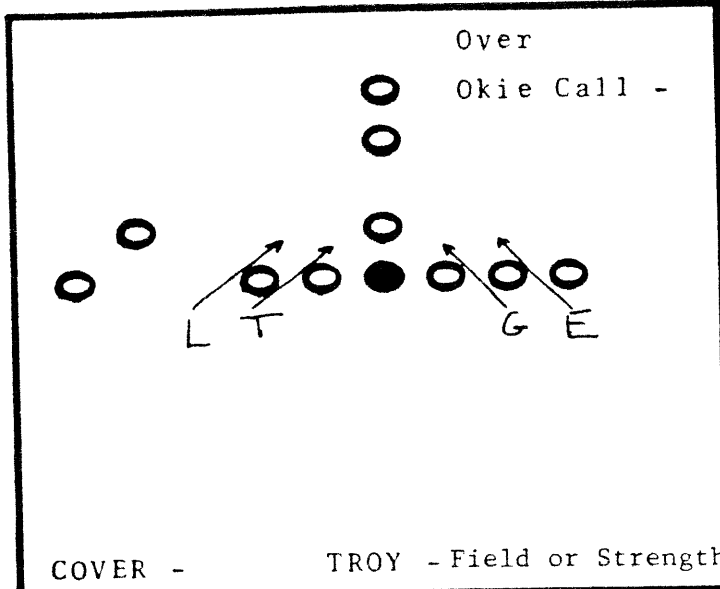
VARIATIONS:

OKIE CALL - Sam



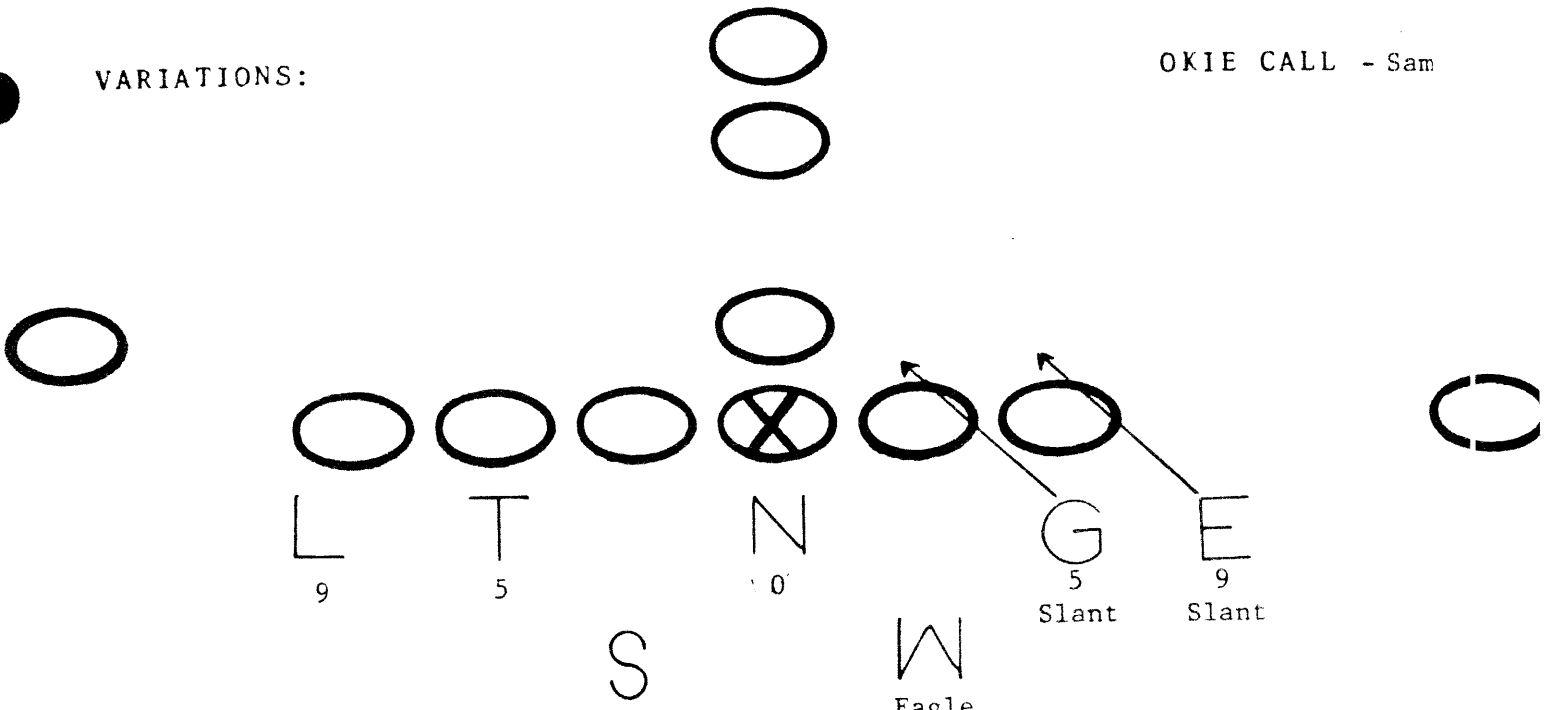
COVER - 5, 2
Okie
Scrape

W
Okie
Scrape
TROY - Field or Strength



VARIATIONS:

OKIE CALL - Sam

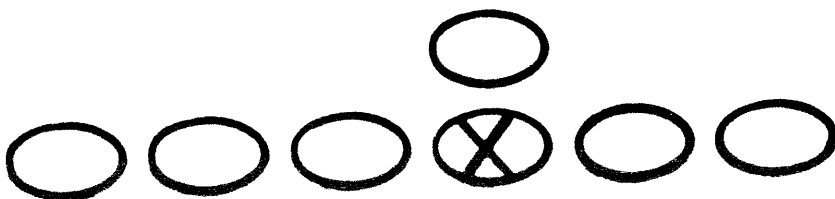


COVER - 1, 2

Eagle Scrape TROY - Field or Strength Call

<p>Over Okie Call -</p> <p>COVER - TROY -Field or Strength</p>	<p>Two Tight Ends Okie Call -</p> <p>COVER - TROY - Field or Strength</p>
<p>Pro into Sideline Okie Call -</p> <p>COVER - TROY -Field or Strength</p>	<p>Doubles Okie Call -</p> <p>COVER - TROY -Field or Strength</p>

(Move from Move)



L
9

T
5

N
0

5

F

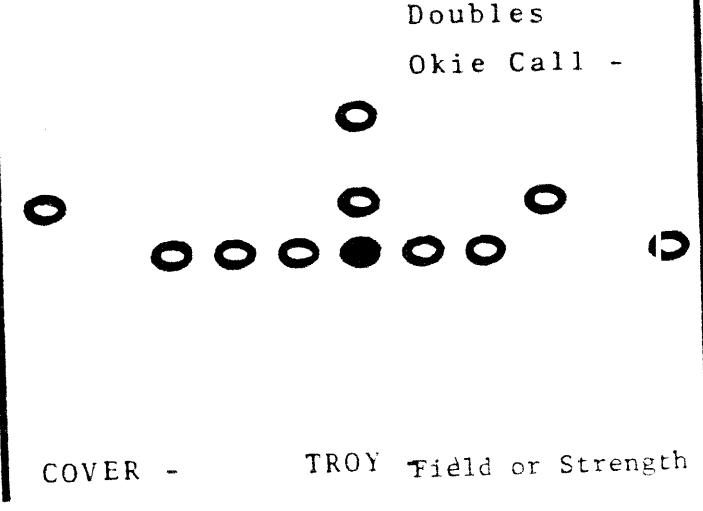
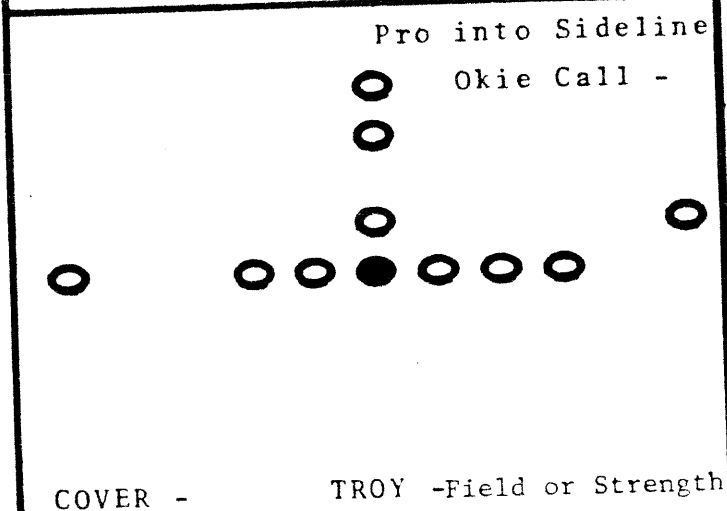
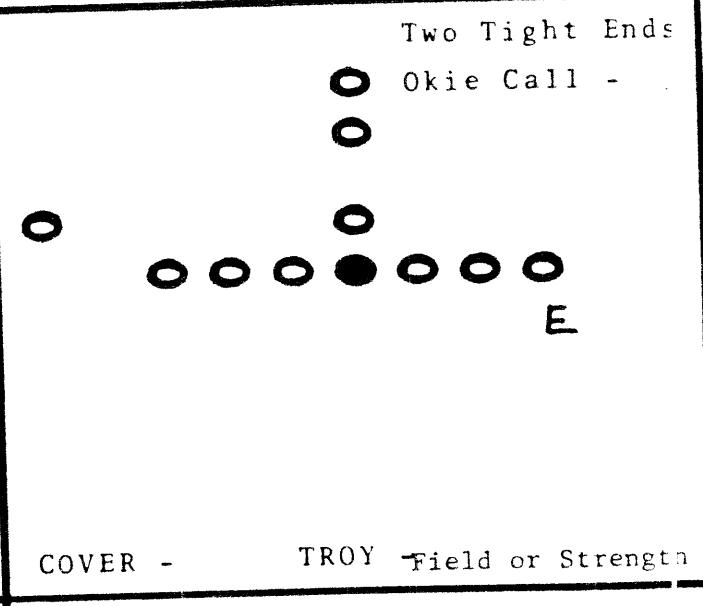
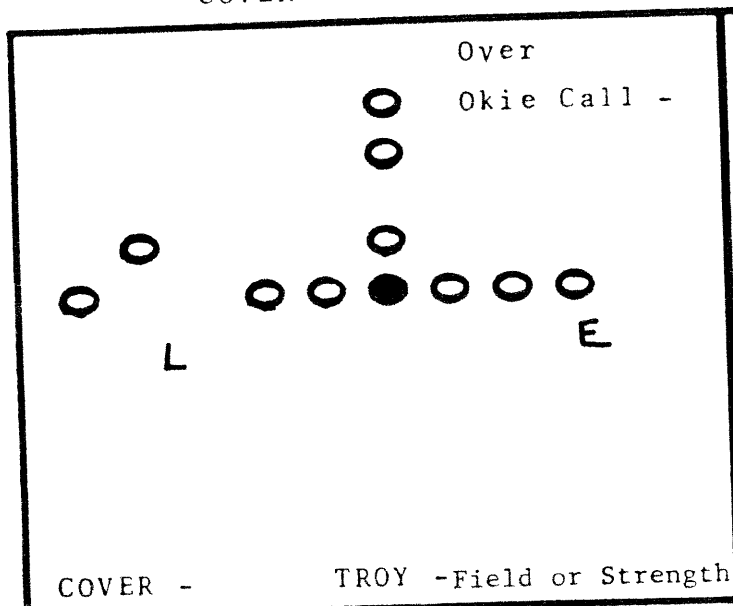
S
okie

W
Okie

Hip-Walk

COVER - 1, 2, P, S. M.

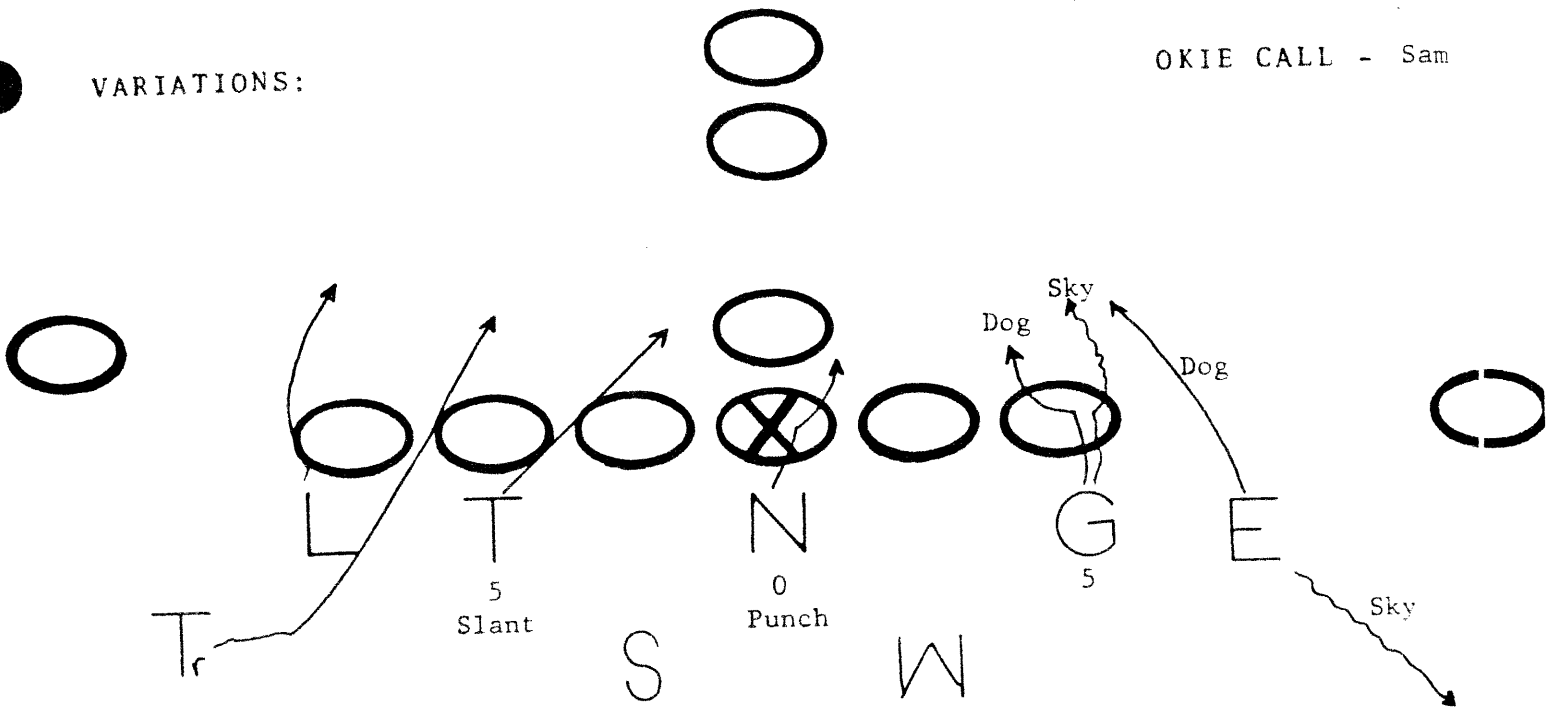
TROY - Field or Strength



WILD LIGHTNING

VARIATIONS:

OKIE CALL - Sam



COVER - Dog, Sky

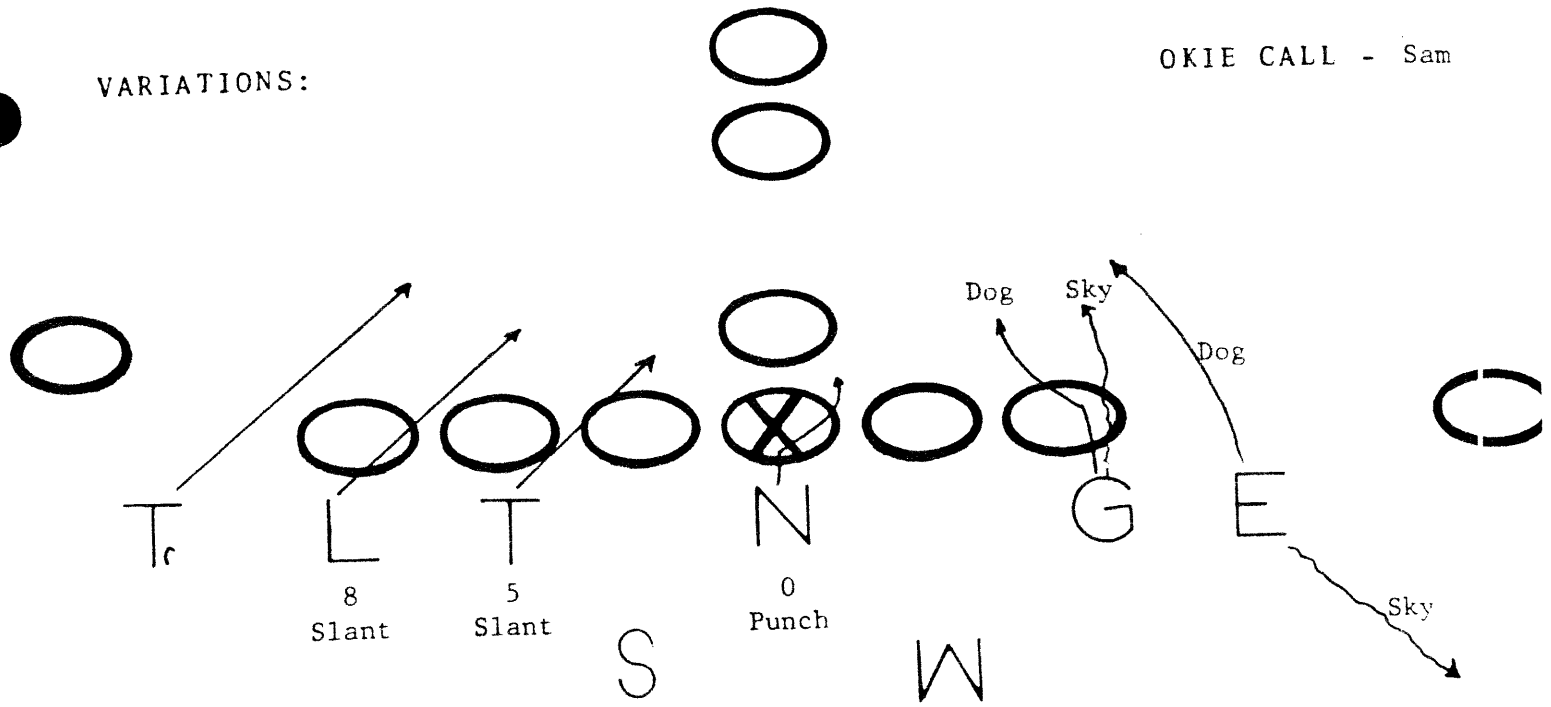
TROY - Field or Strength

<p>Over Okie Call -</p> <p>COVER - TROY -</p>	<p>Two Tight Ends Okie Call -</p> <p>COVER - TROY -</p>
<p>Pro into Sideline Okie Call -</p> <p>COVER - TROY -</p>	<p>Doubles Okie Call -</p> <p>COVER - TROY -</p>

WILD THUNDER

VARIATIONS:

OKIE CALL - Sam



COVER - Dog, Sky

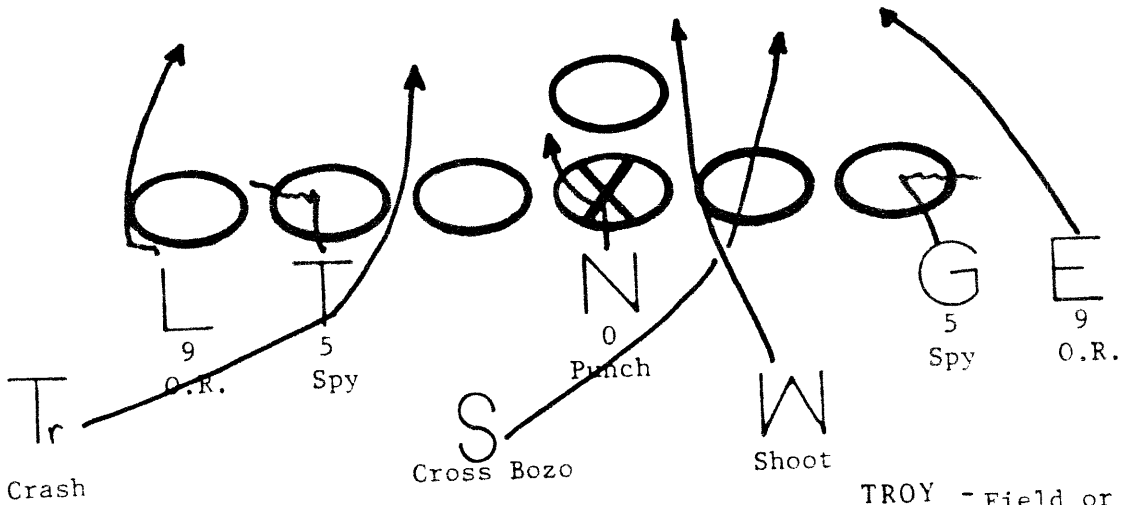
TROY - Field or Strength

<p>Over Okie Call -</p> <p>COVER - TROY -</p>	<p>Two Tight Ends Okie Call -</p> <p>COVER - TROY -</p>
<p>Pro into Sideline Okie Call -</p> <p>COVER - TROY -</p>	<p>Doubles Okie Call -</p> <p>COVER - TROY -</p>

WILD CRASH

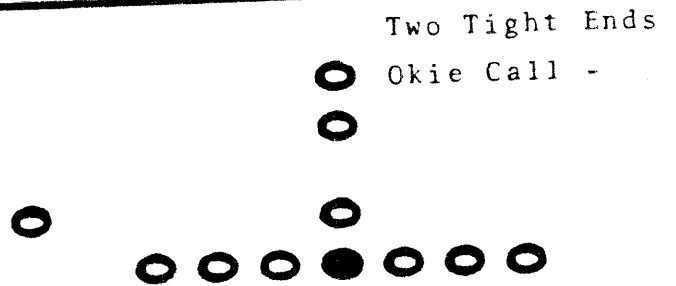
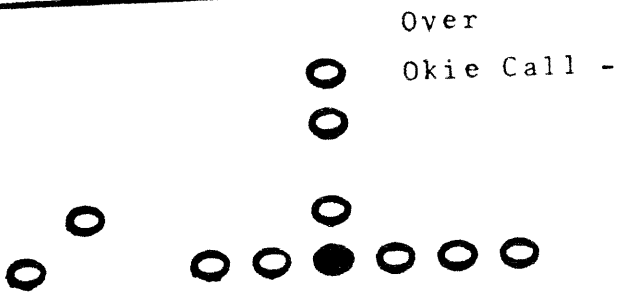
OKIE CALL - Sam

VARIATIONS:



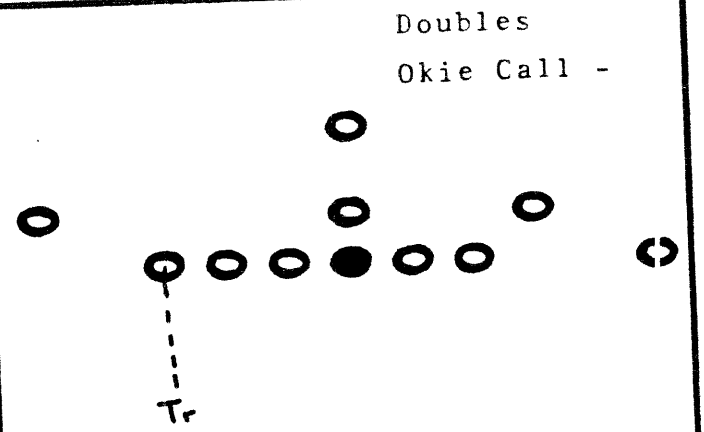
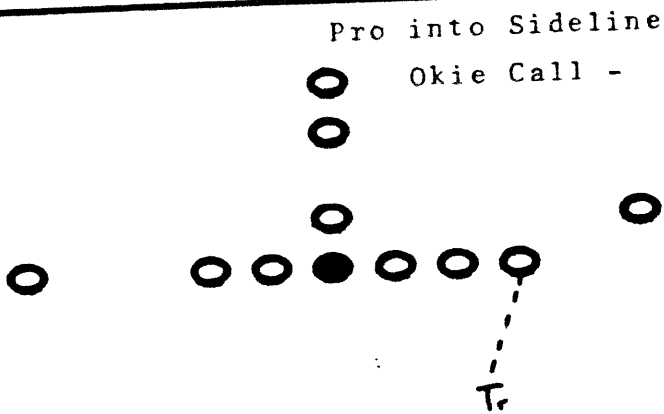
COVER - Red Dog

TROY - Field or Strength



COVER - TROY - Field or Strength

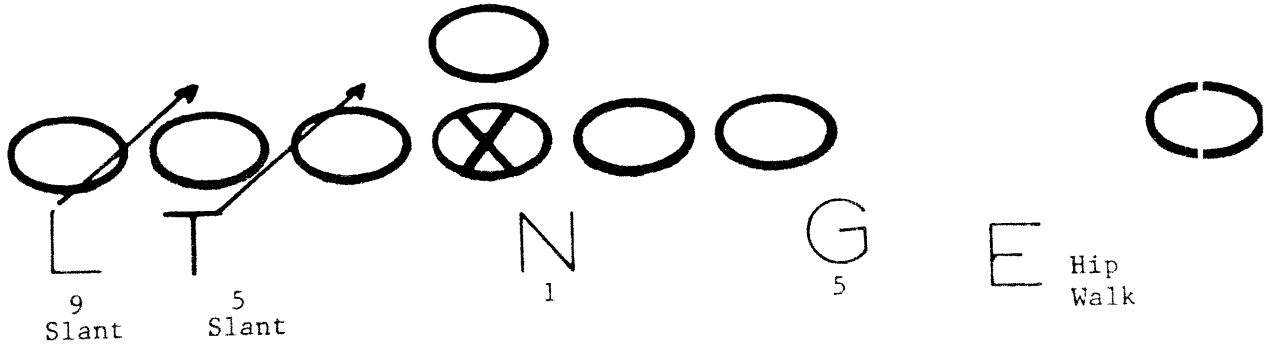

COVER - TROY - Field or Strength



COVER - TROY - Field or Strength

COVER - TROY - Field or Strength

VARIATIONS:



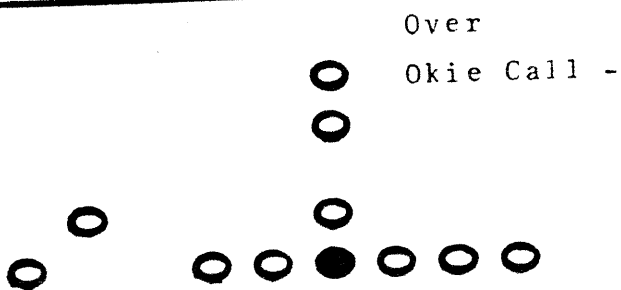
T

S Eagle
Scrape

W
Okie

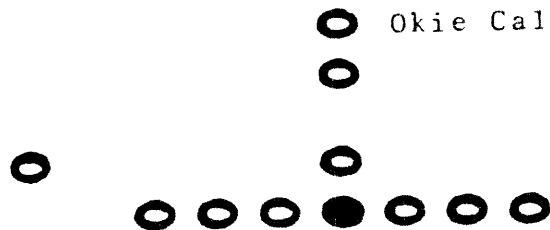
COVER - Sky, 6

Okie TROY - Field or Strength



Two Tight Ends

Okie Call -

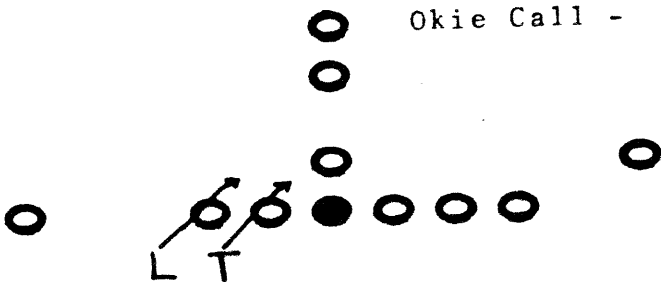


COVER - TROY -Field or Strength

COVER - TROY - Field or Strength

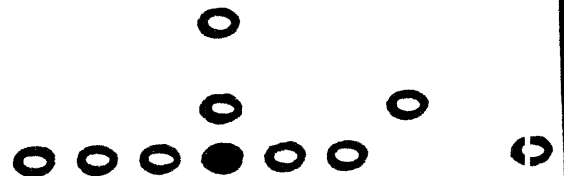
Pro into Sideline

Okie Call -



Doubles

Okie Call -



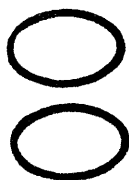
COVER - 2 TROY Field or Strength

COVER -- TROY - Field or Strength

WILD

OKIE CALL - Sam

VARIATIONS:



L
8

T
4

N
1

G
5

E Hip
Walk

T

S

W

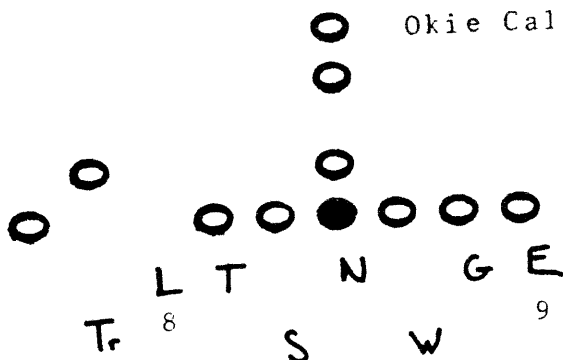
COVER - Sky, 6

Eagle

OkieTROY - Field or Strength

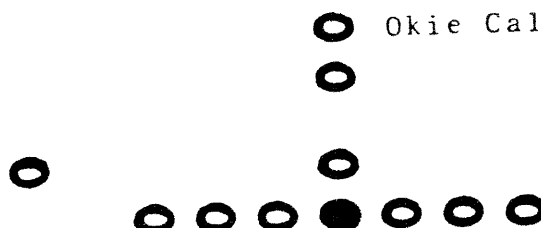
Over

Okie Call-Sam



Two Tight Ends

Okie Call - Sam



COVER - Sky

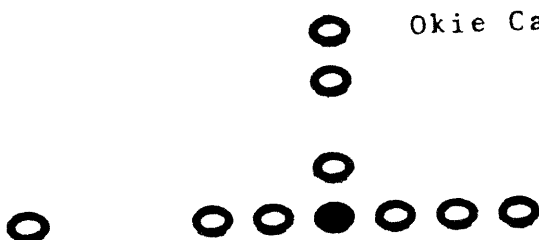
TROY - Field or Strength

COVER - Sky

TROY - Field or Strength

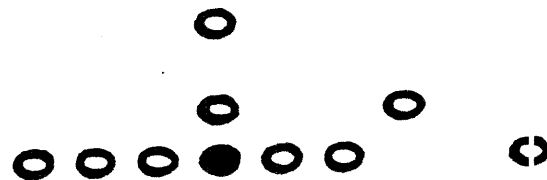
Pro into Sideline

Okie Call -



Doubles

Okie Call -



COVER - 2

TROY - Field or Strength

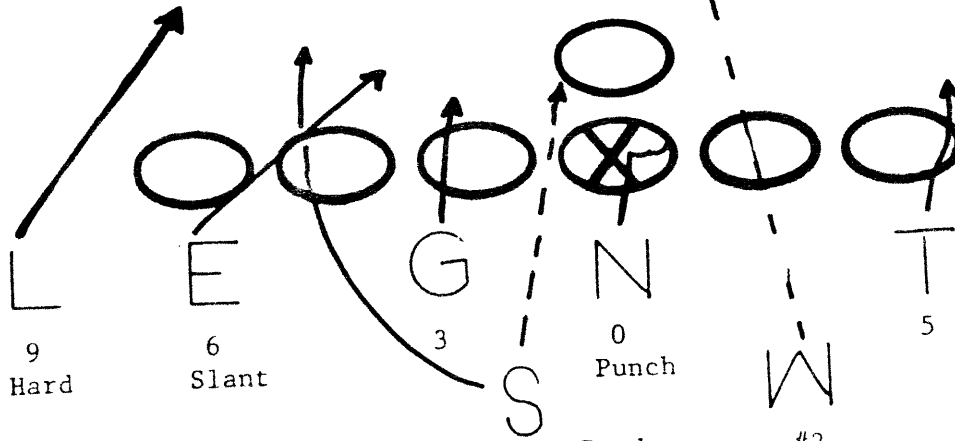
COVER - Sky

TROY - Field or Strength

FLOP SMOKE

VARIATIONS:

OKIE CALL - Will
(Stem from Stem)



COVER - 4

Fire on Read

#2

TROY - Field or Strength

<p>Over Okie Call -</p>	<p>Two Tight Ends Okie Call -</p>
<p>Pro into Sideline Okie Call -</p>	<p>Doubles Okie Call -</p>

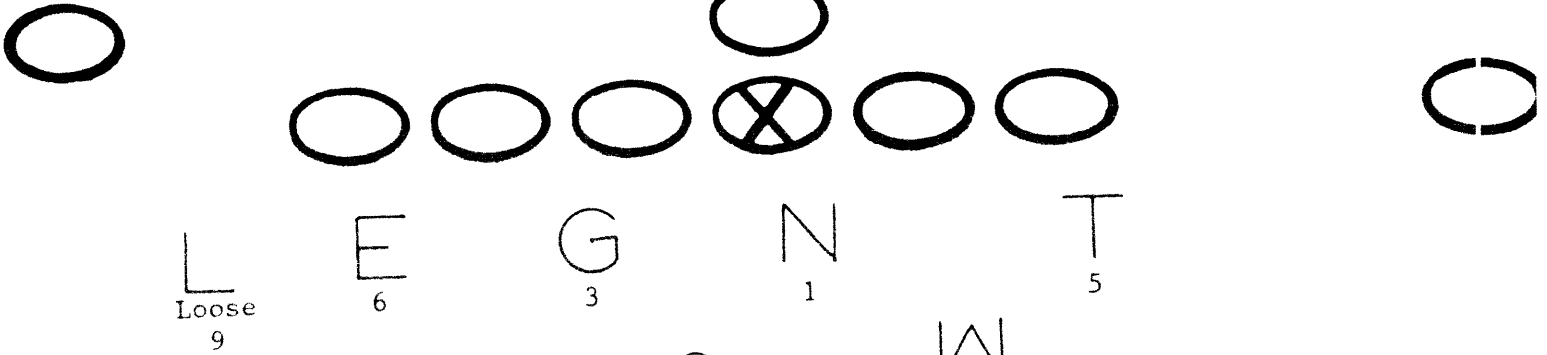
FLOP, M

VARIATIONS: Shoot
Plug

OKIE CALL - Will

(Stem from Stem)

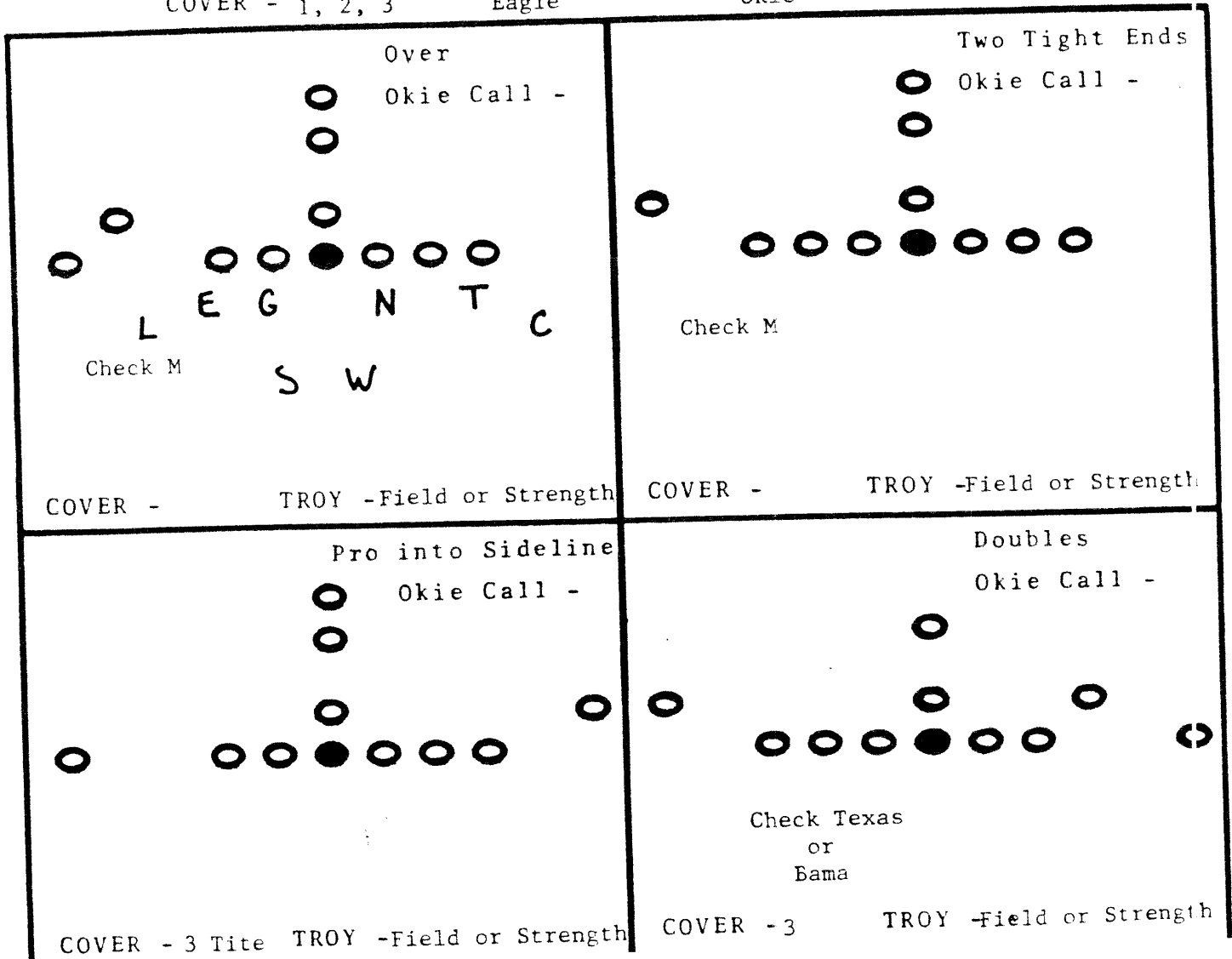
TE to Will - Check M



COVER - 1, 2, 3

Eagle

Okie TROY - Field or Strength



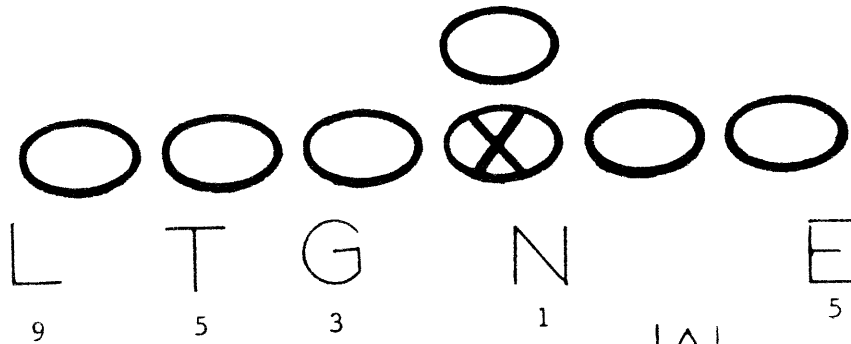
CHANGE, G

VARIATIONS: Rush
Shoot
Plug

OKIE CALL - Sam

(Move from Strong)

TE to Will - Check Str



S

Eagle

W

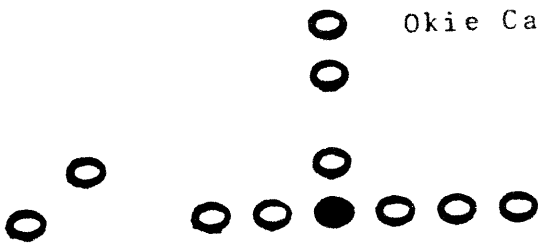
Okie

COVER - 1,2,3

TROY - Field or Strength

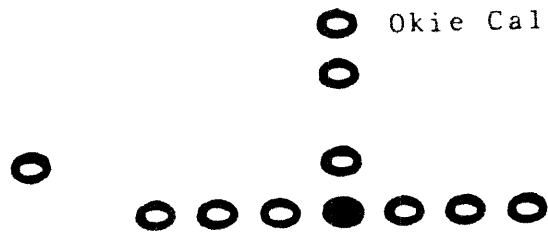
Over

Okie Call -



Two Tight Ends

Okie Call -

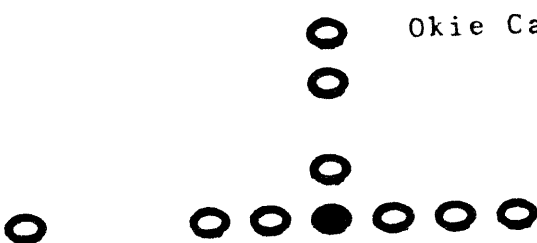


COVER -

TROY - Field or Strength

Pro into Sideline

Okie Call -

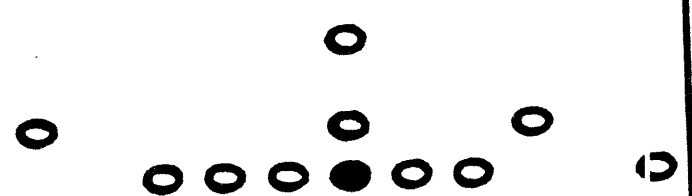


COVER -

TROY - Field or Strength

Doubles

Okie Call -



Check Texas
Or

Bama

COVER - 3

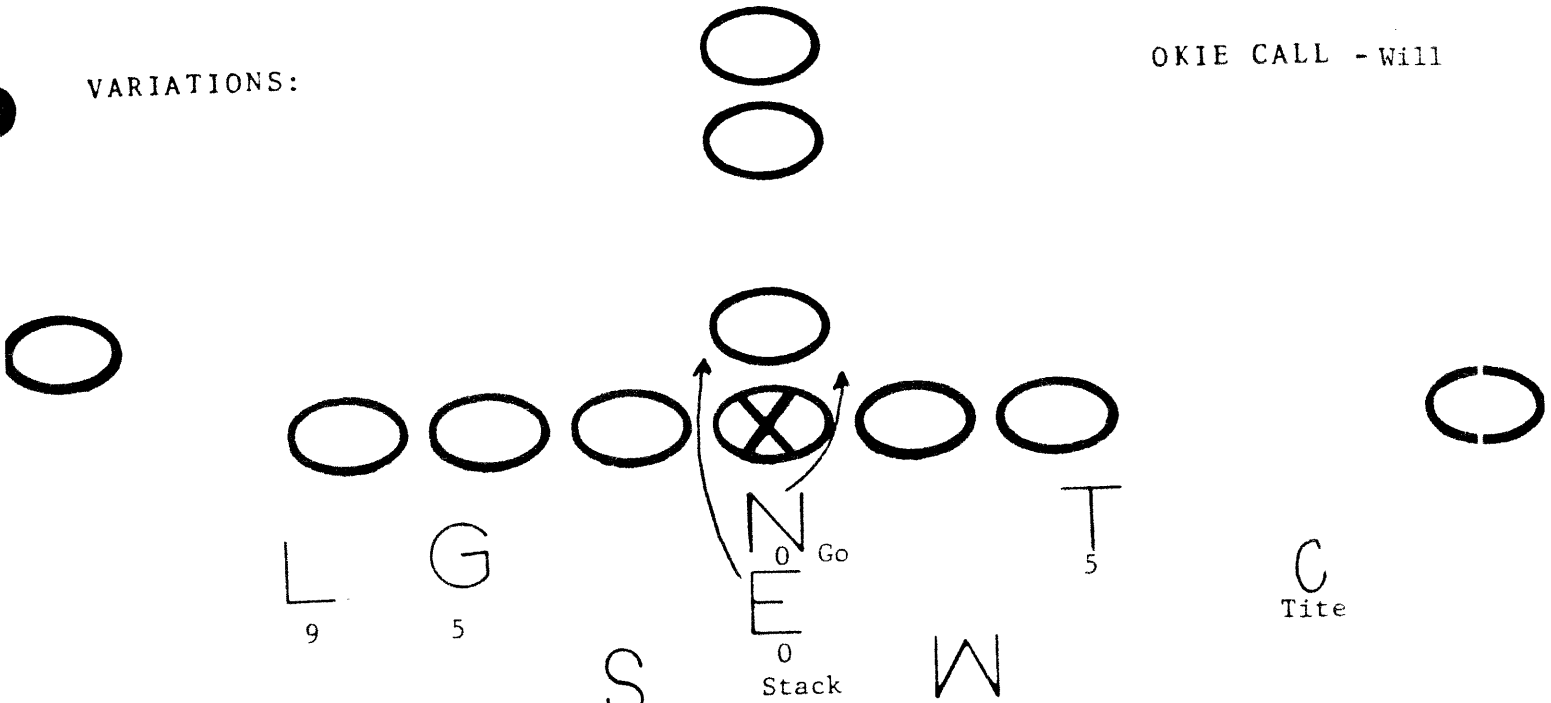
TROY - Field or Strength

COVER - 3 Tite TROY - Field or Strength

STEM

VARIATIONS:

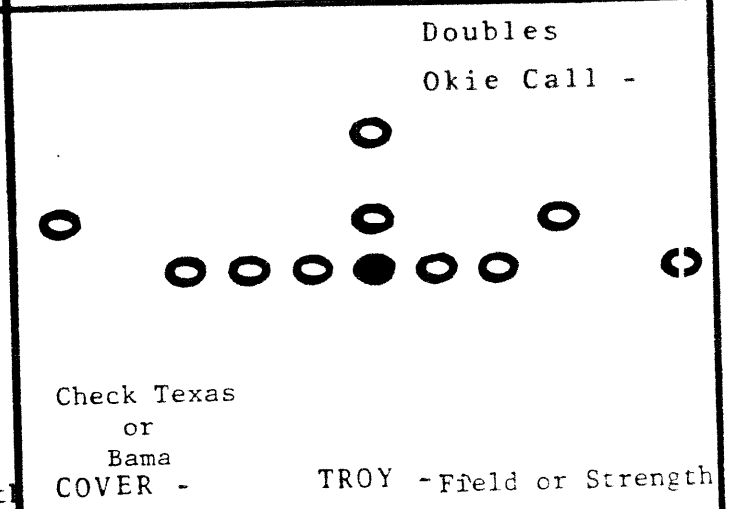
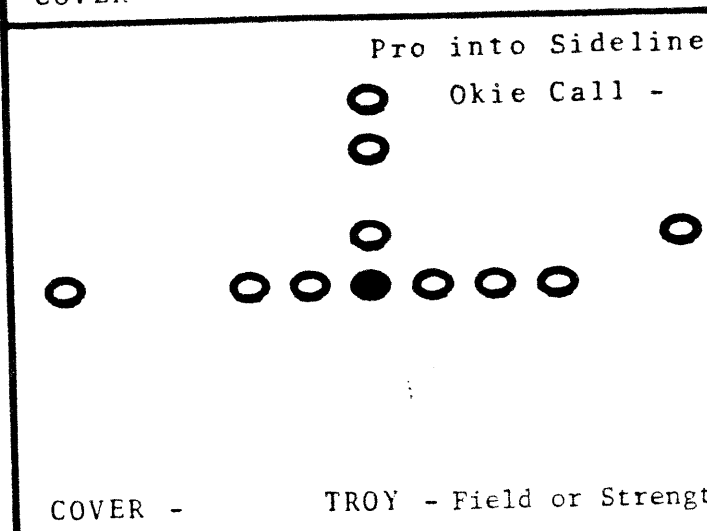
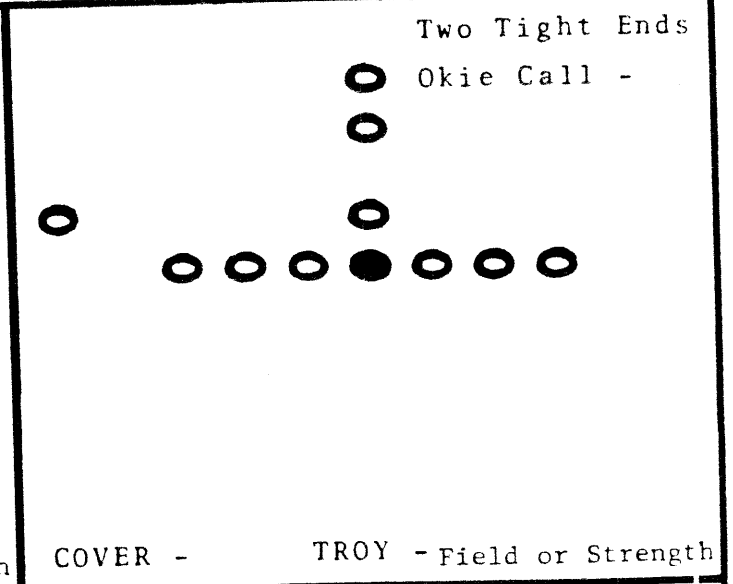
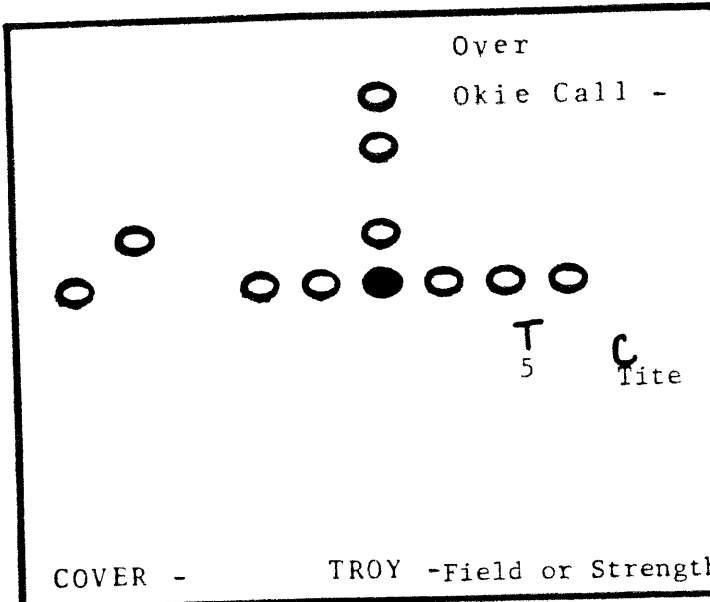
OKIE CALL - Will



COVER - 3

Okie

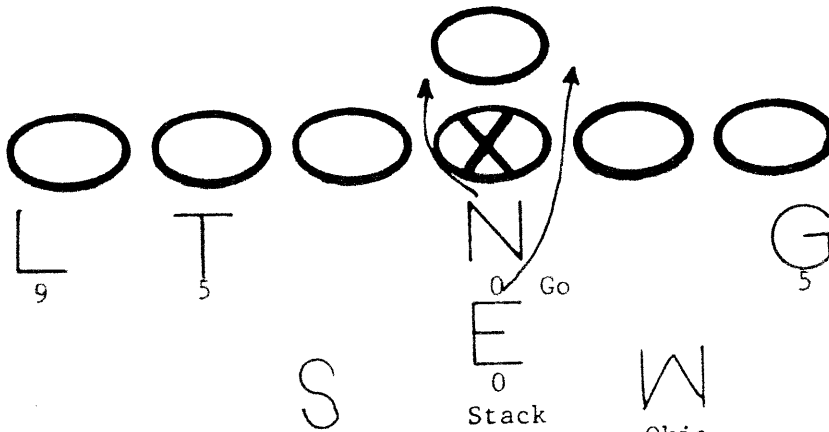
Okie TROY - Field or Strength



MOVE

VARIATIONS:

OKIE CALL - Sam



COVER - 3

Okie

Okie

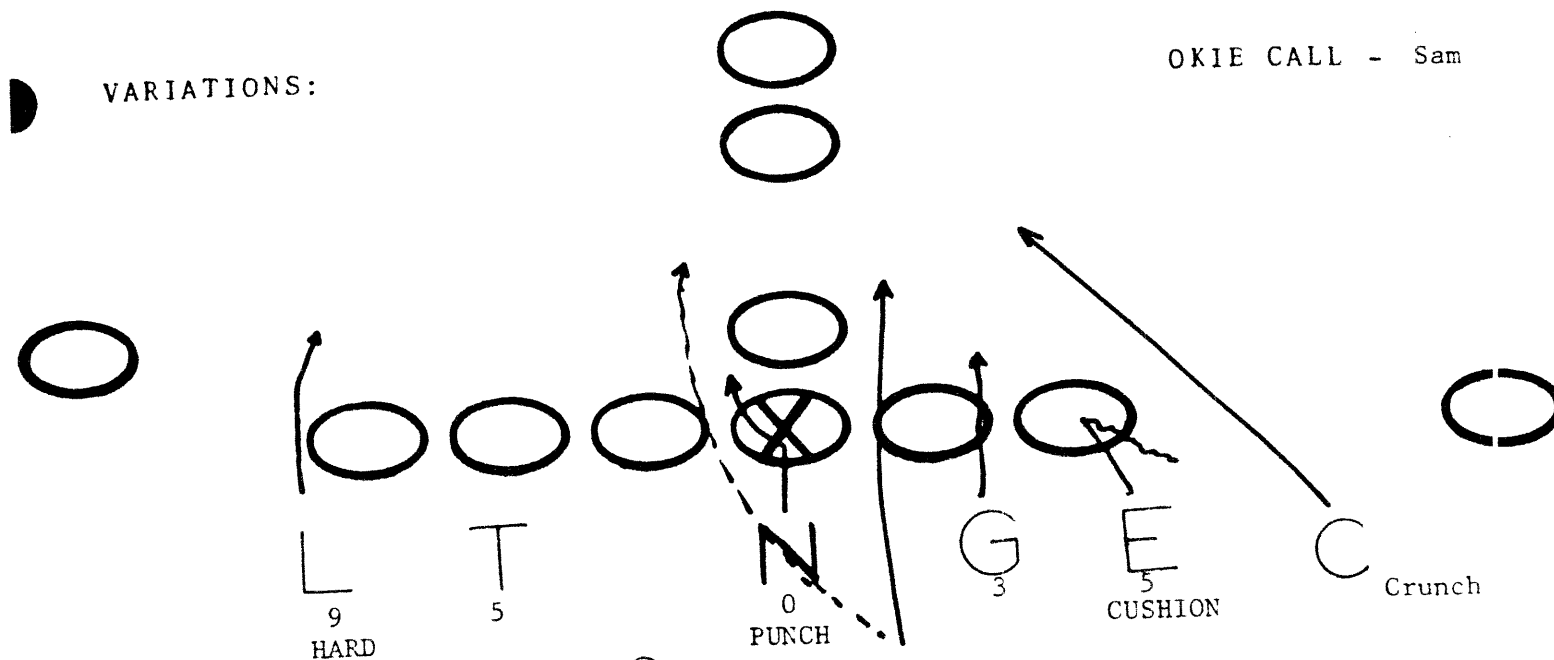
TROY - Field or Strength

<p>Over Okie Call -</p> <p>COVER - TROY -Field or Strength</p>	<p>Two Tight Ends Okie Call -</p> <p>COVER - TROY -Field or Strength</p>
<p>Pro into Sideline Okie Call -</p> <p>COVER - TROY -Field or Strength</p>	<p>Doubles Okie Call -</p> <p>COVER - TROY -Field or Strength</p>

STRONG CRUNCH

VARIATIONS:

OKIE CALL - Sam



COVER - Dog

3 Okie

Shoot Read Flow

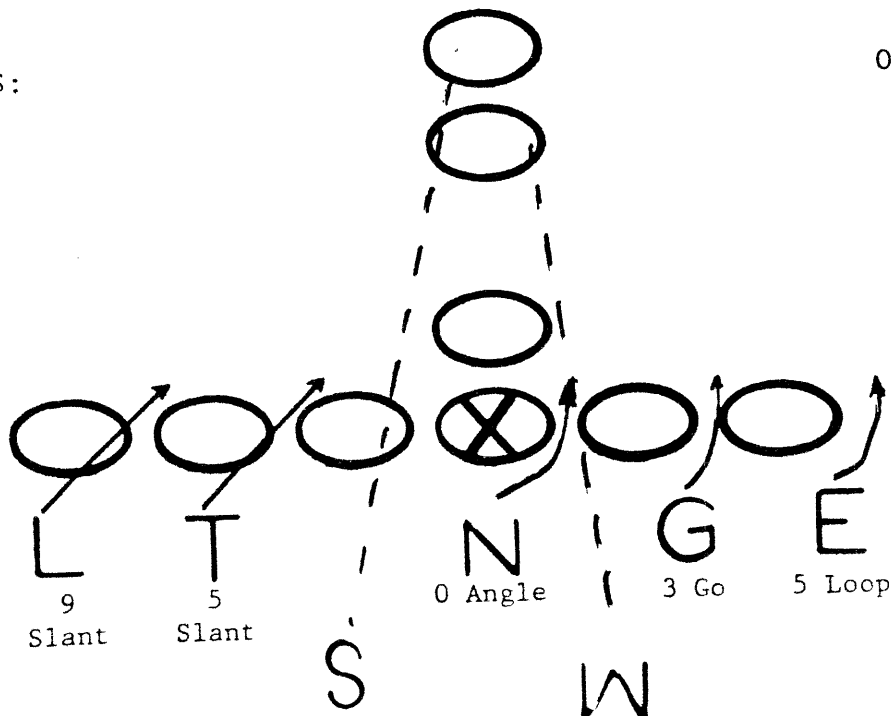
TROY - Field or Strength

<p>Over Okie Call -</p> <p>Diagram of a football play. A line of seven circles represents the offensive line. The fourth circle from the left is marked with an 'X' and labeled '6 Cushion Crunch' with a 'C' next to it. Arrows indicate player movements: one from the left, one from the center, and one from the right.</p> <p>COVER - TROY - Field or Strength</p>	<p>Two Tight Ends Okie Call -</p> <p>Diagram of a football play. A line of seven circles represents the offensive line. The fourth circle from the left is marked with an 'X' and labeled '6 Cushion Crunch' with a 'C' next to it. Arrows indicate player movements: one from the left, one from the center, and one from the right.</p> <p>COVER - TROY - Field or Strength</p>
<p>Pro into Sideline Okie Call -</p> <p>Diagram of a football play. A line of seven circles represents the offensive line. The fourth circle from the left is marked with an 'X' and labeled '6 Cushion Crunch' with a 'C' next to it. Arrows indicate player movements: one from the left, one from the center, and one from the right.</p> <p>COVER - TROY - Field or Strength</p>	<p>Doubles Okie Call -</p> <p>Diagram of a football play. A line of seven circles represents the offensive line. The fourth circle from the left is marked with an 'X' and labeled '6 Cushion Crunch' with a 'C' next to it. Arrows indicate player movements: one from the left, one from the center, and one from the right.</p> <p>Check 4 COVER - TROY - Field or Strength</p>

STRONG JET

VARIATIONS:

OKIE CALL - Sam



COVER - 5 Sky

Scrape

Eagle 0

TROY - Field Strength

Over

Okie Call -

Two Tight Ends

Okie Call -

COVER -

TROY -

COVER -

TROY -

Pro into Sideline

Okie Call -

Doubles

Okie Call -

COVER -

TROY -

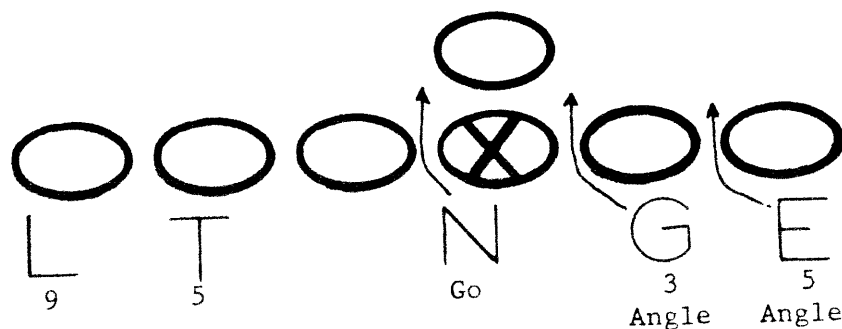
COVER -

TROY -

STRONG STONE

VARIATIONS: G

OKIE CALL - Sam



S
Okie

W
Scrape

COVER - 3, 1, 2

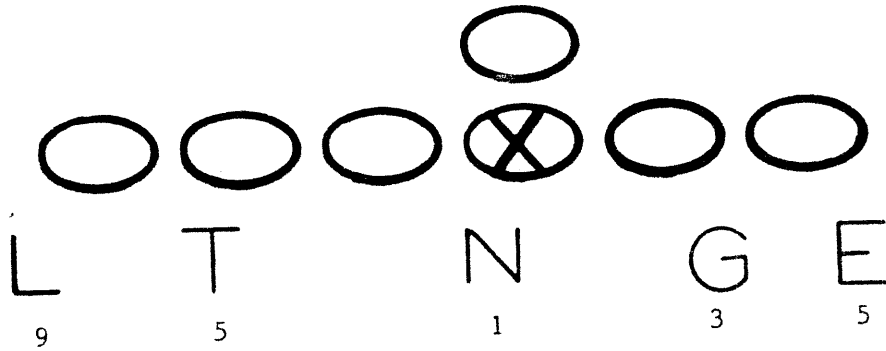
TROY - Field or Strength

<p>Over Okie Call -</p> <p>COVER - TROY - Field or Strength</p>	<p>Two Tight Ends Okie Call -</p> <p>COVER - TROY - Field or Strength</p>
<p>Pro into Sideline Okie Call -</p> <p>COVER - 3 Tite TROY - Field or Strength</p>	<p>Doubles Okie Call -</p> <p>Check Texas or Bama 3 COVER - TROY - Field or Strength</p>

STRONG O, F, G, M, GO

VARIATIONS: Wham
Plug
Shoot
Blitz

OKIE CALL - SAY



S

Okie

W

Eagle

COVER - 1, 2, 3, 5, Invert, Cowboy

TROY - Field Strength

<p>Over Okie Call -</p> <p>COVER - TROY -</p>	<p>Two Tight Ends Okie Call -</p> <p>COVER - TROY -</p>
<p>Pro into Sideline Okie Call -</p> <p>COVER - 3 Tite TROY - Left</p>	<p>Check Texas or Bama</p> <p>Doubles Okie Call -</p> <p>COVER - 1, 2 TROY -</p>

RUN COMPOSITE

COVER INVERT

TROY

- Pass - Deep middle third.
- Run - Alley support both ways.

HALFBACK

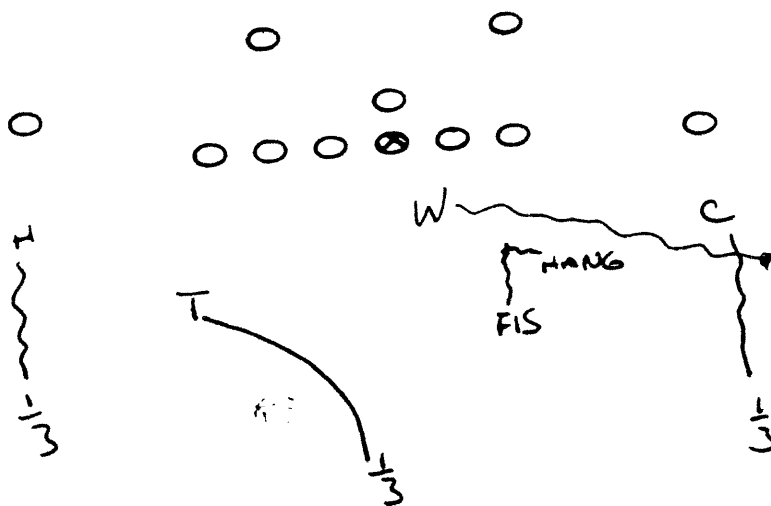
- Pass - Deep outside third.
- Run - Late contain and backside leverage.

FREE SAFETY

- Pass - Hang curl on your side.
- Run - Force on weakside, cutback player on run away.

CORNER

- Pass - Deep outside third. Read QB and break on ball.
- Run - Late contain and backside leverage.



COVER SKY

TROY

- Pass - Drop to vision Pt (on Hash 12 yds. deep)
- Run - Force contain the run. Cutback player on ball away.

HALFBACK

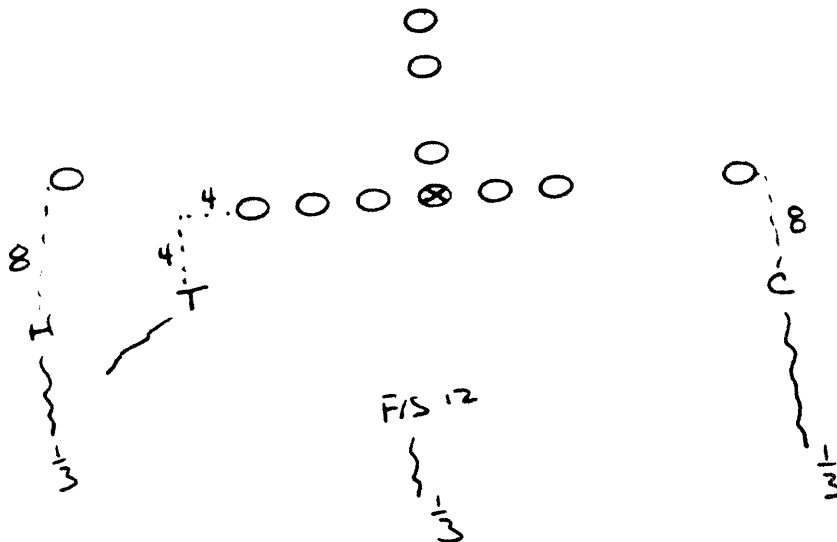
- Pass - Deep outside third. Read QB and break on ball.
- Run - Late contain and backside leverage.

FREE SAFETY

- Pass - Deep middle third.
- Run - Quick Alley support both ways.

CORNER

- Pass - Deep outside third. Read QB and break on ball.
- Run - Late contain and backside leverage.



COVER COWBOY

TROY

- Pass - Deep middle third
- Run - Alley support both ways

HALFBACK

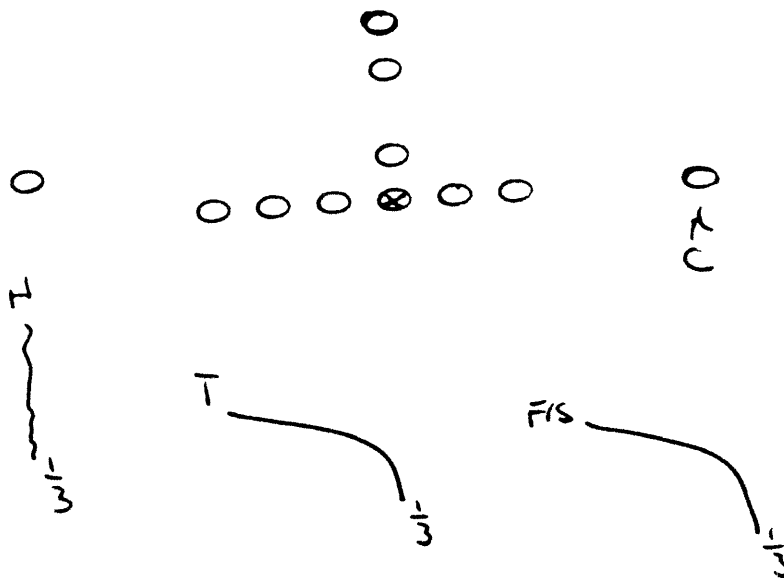
- Pass - Deep outside third, read QB and break on ball.
- Run - Late contain and backside leverage.

FREE SAFETY

- Pass - Deep outside third
- Run - Late contain & backside leverage

CORNER

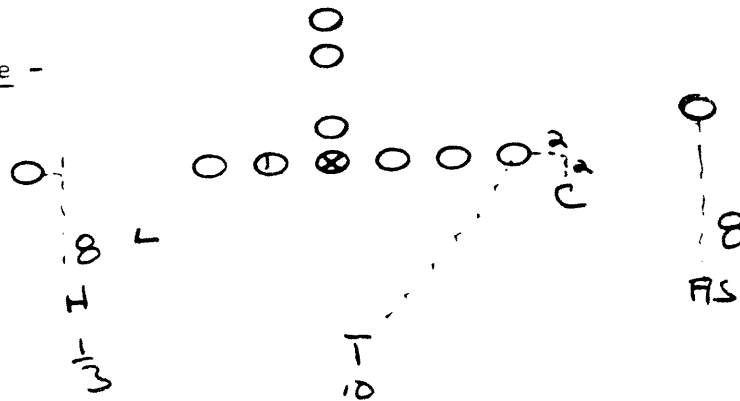
- Pass - Funnel receiver outside play weak flat
- Run - Hard run support. Contain the ball.



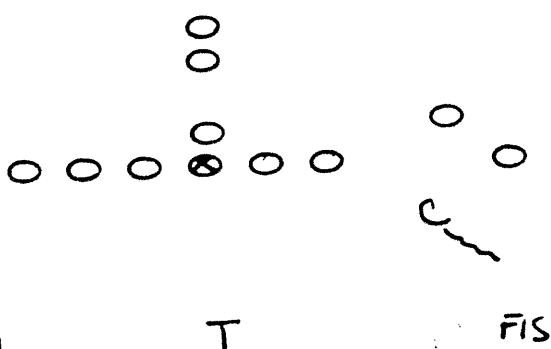
3 TITE (Formation to sideline)

- TROY
- Play Cover 1 reading the 2nd receiver into the sideline. You have primary run support to sideline.
- HALFBACK
- Inside alignment. Deep outside 1/3.
- FREE SAFETY
- Deep outside 1/3 pass responsibility. Late contain on run to and backside leverage on run away.
- CORNER
- Tite technique.

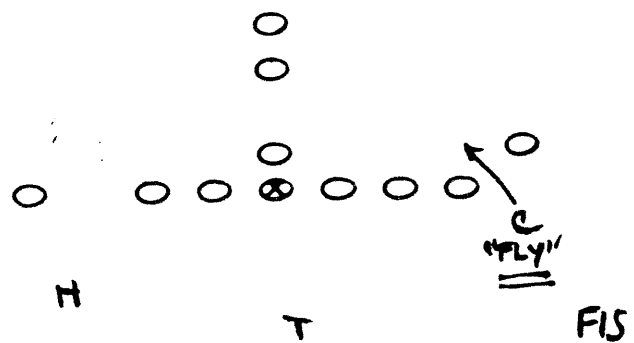
Pro Into Sideline -



Over Into Sideline -

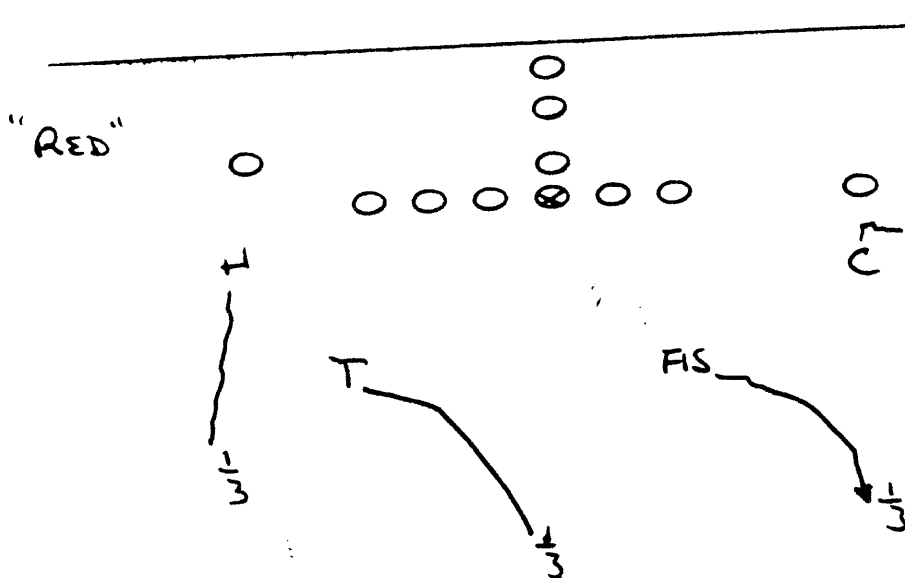
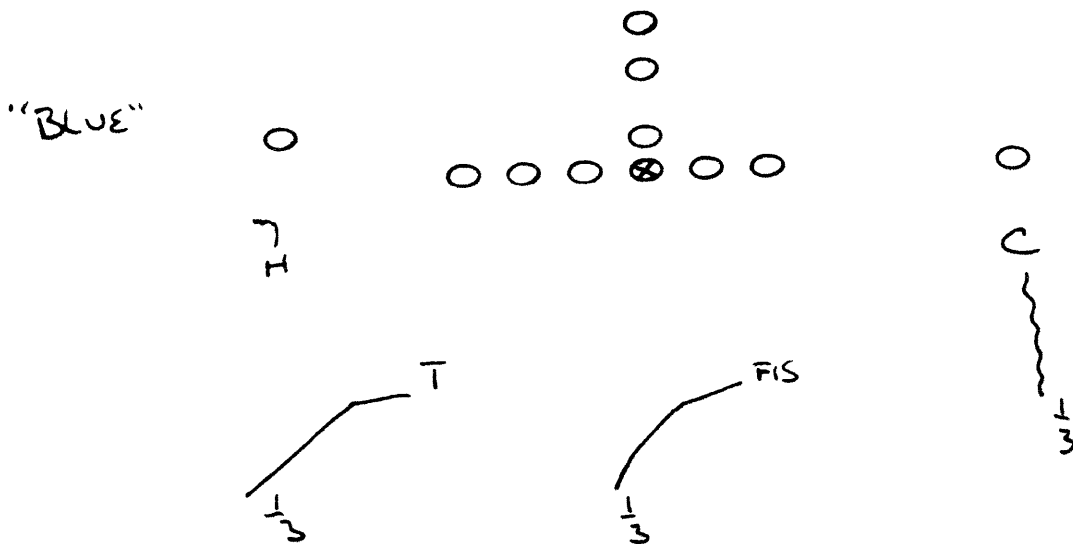


Wing Into Sideline -



PURPLE

- RED - rotate right to 3 deep coverage
- BLUE - rotate left to 3 deep coverage
- TROY AND F.S. - To the call - go outside 1/3 on flat angle
Away from call - go deep middle 1/3
- CORNER AND H.B. - To the call - play tight Cover 2 - Check flood.
Away from call - run to deep outside 1/3
Force outside release.



"Switch" call - Troy and HB switch zone responsibilities.

COVER MAN

TROY AND FREE SAFETY - Play Cover 2, Stay on your hash mark.

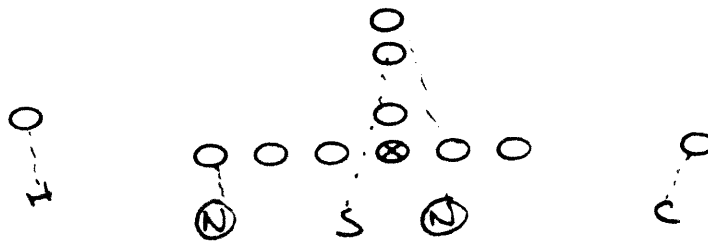
CORNER AND HALF BACK - Play Cover 2 on all runs.

Pass: - Slam #1 and execute outside engage technique.
Come underneath your man on inside hip. Chase him with back to ball at least 2 yards off him.

- Could use NBA technique.

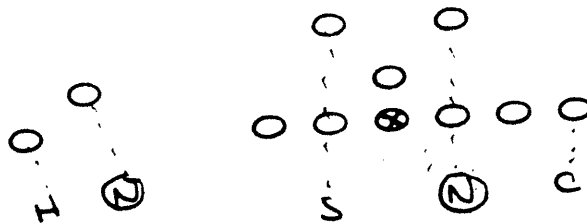
- Nickle man - use inside engage technique.

- On post route - move outside for pogo.



T $\frac{1}{2}$

FIS $\frac{1}{2}$



T $\frac{1}{2}$

FIS $\frac{1}{2}$

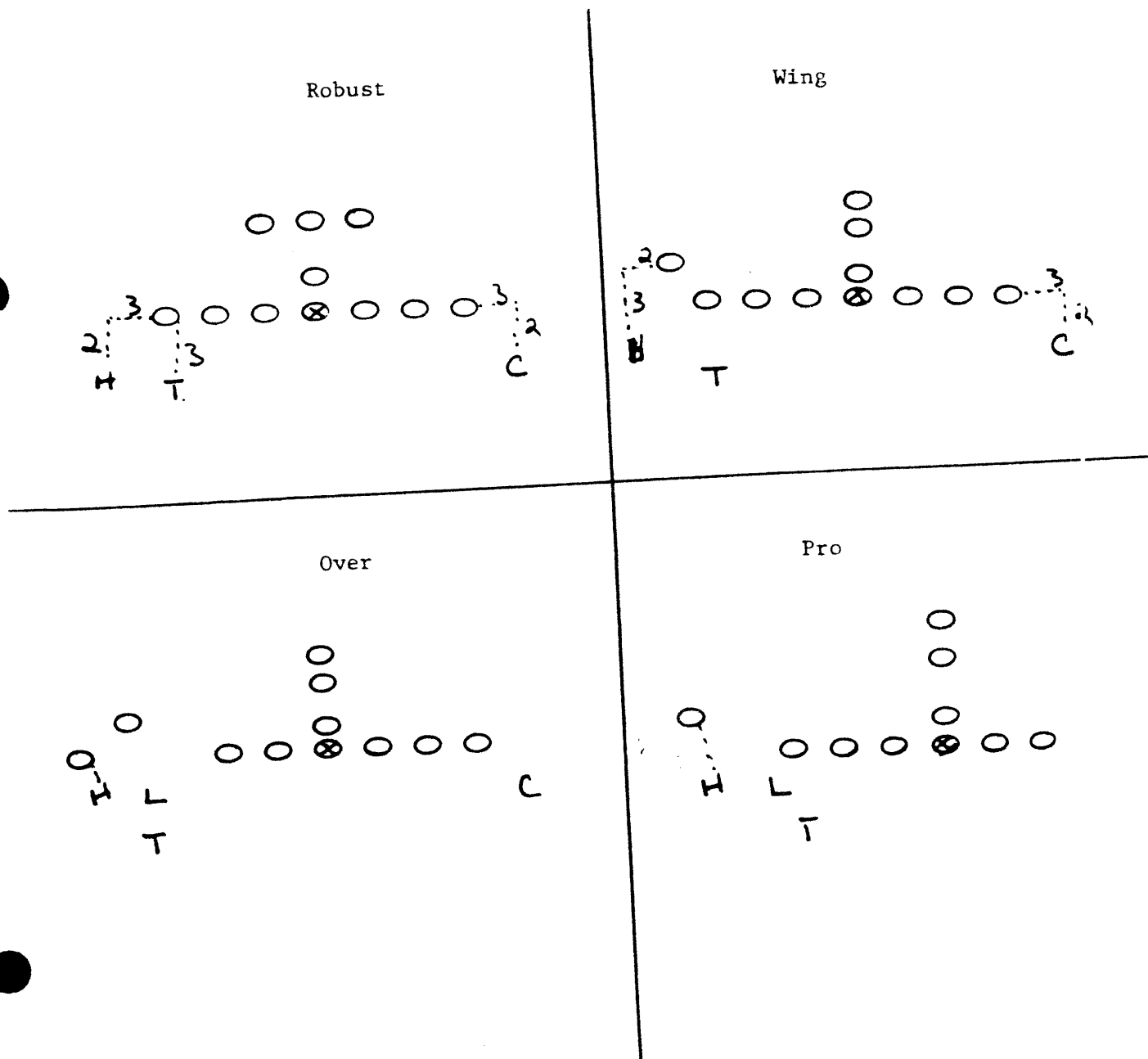
COVER 70 ON GOALLINE (TROJAN)
(Inside 10 yd. Line)

CORNER AND HB

- Play Cover 2 vs. a wide receiver from an inside position. Know where you are on the field. Tight end to your side - play a tight Cover 3. Play fade and out man *to man*,

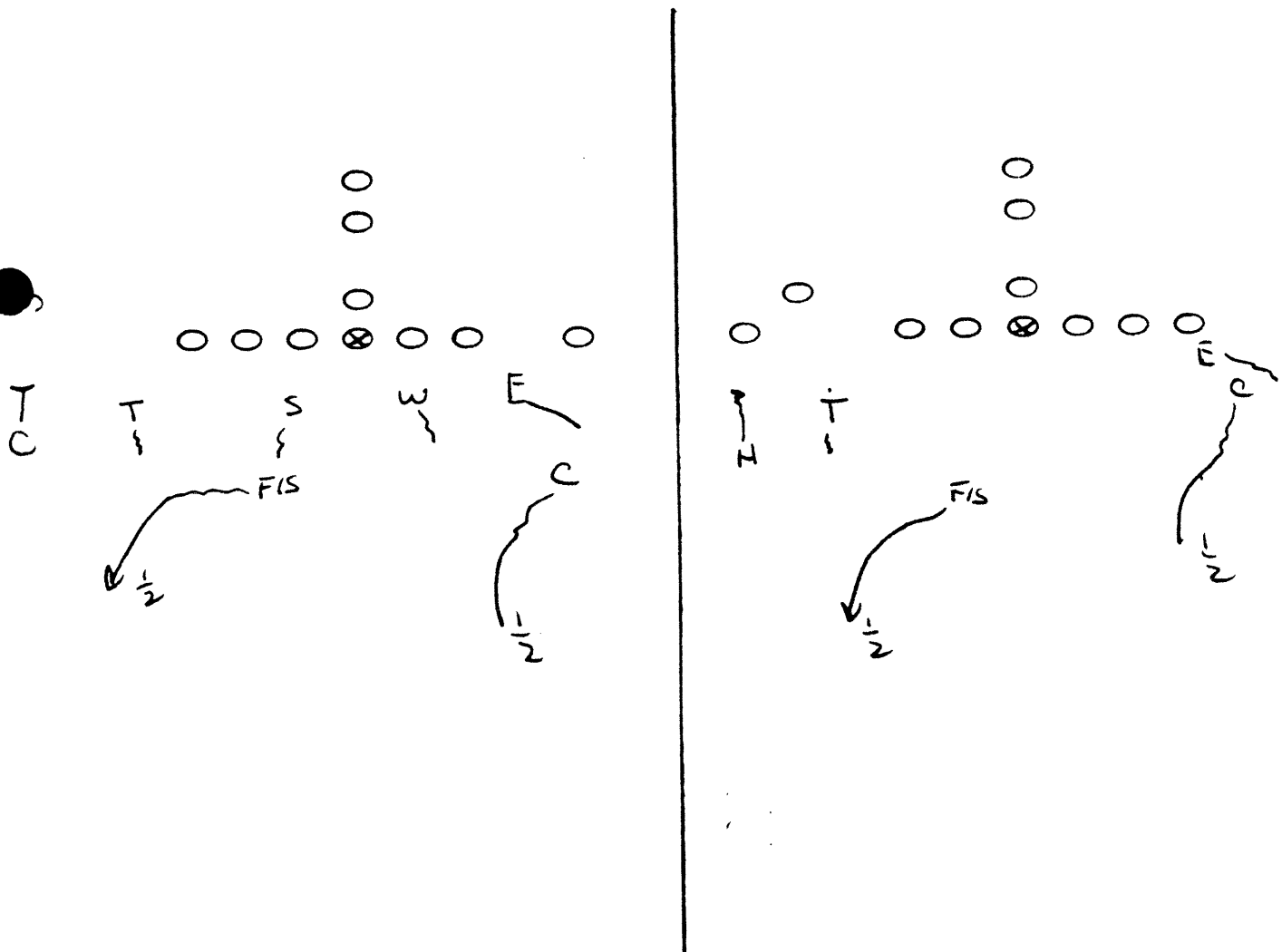
TROY

- Play a tight Cover 1. Know where you are on the field. Do not vacate the middle zone. (2yds. deeper than LB's)



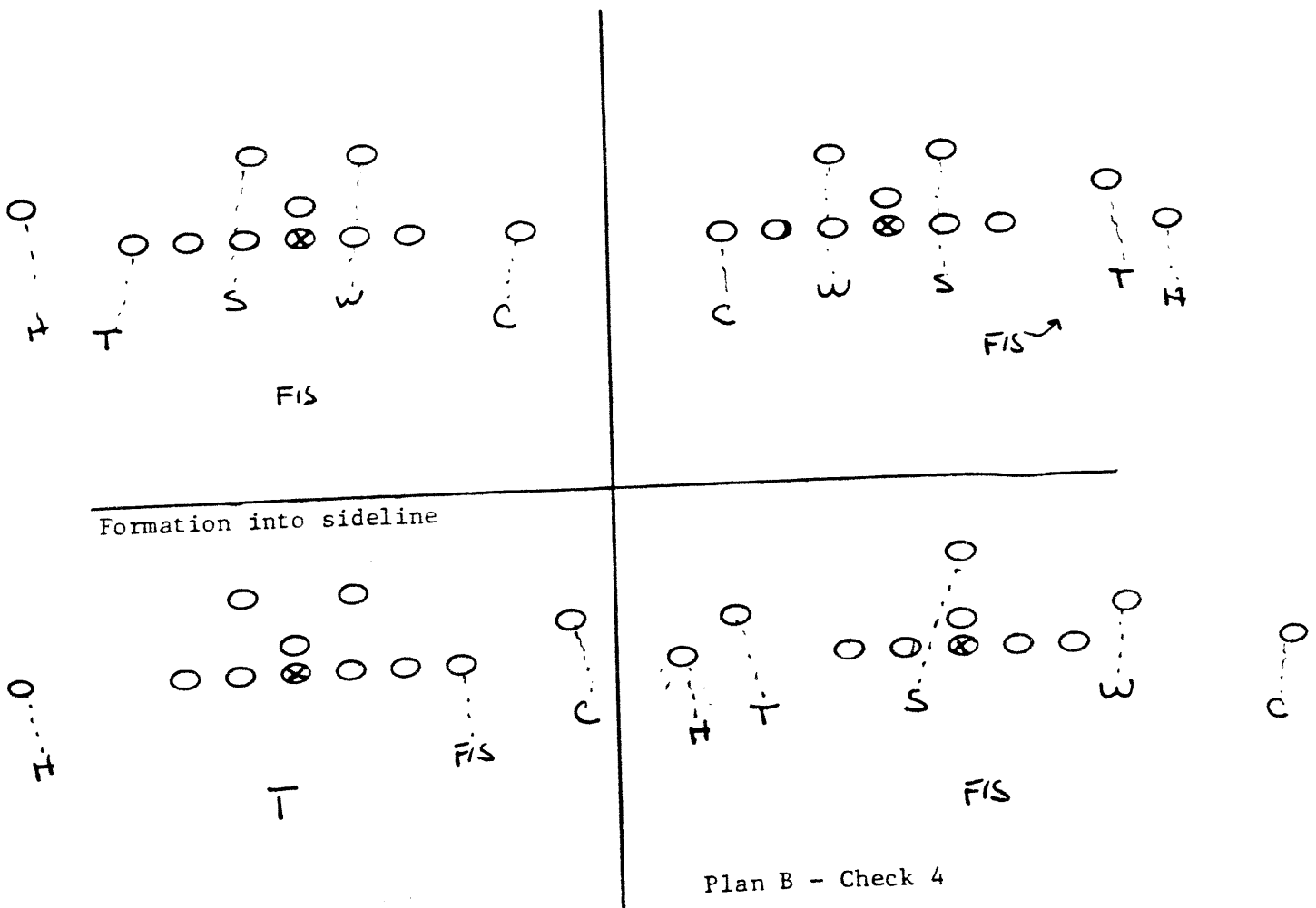
COVER 6

- | | |
|-------------|---|
| CORNER | - Play Cover 2 Deep $\frac{1}{2}$ |
| HALFBACK | - Play Cover 2 |
| FREE SAFETY | - Play Cover 2 Deep $\frac{1}{2}$ |
| TROY | - Wild sky alignment |
| | Run - Force to ball - Do <u>not</u> contain |
| | Pass - Curl - Keep 2nd receiver out of middle |



COVER 5

- TROY - Go to field side. Take TE or 2nd receiver with inside technique.
- HALFBACK - Take 1st receiver to your side man with inside technique.
- FREE SAFETY - You are free in deep middle. Be ready to double cover according to formation.
- CORNER - Take 1st receiver to your side man with inside technique.



ON DEEP BALL

On deep ball up the field, you will be between the receiver and the ball, turned toward him to the boundary. Crowd him to the boundary and get as much width as possible as you are gaining depth. Get in stride with receiver and press receiver into sideline feeling him with your elbow when his hands go for the ball and you feel it is thrown. Look back over your inside shoulder and go for the ball at its highest point.

MAN - MAN PASS TECHNIQUES

STANCE

Outside foot up with weight on front foot. Slight drop in hips with shoulders rolled forward and squared with receiver. Shoulders and hips always square to receiver. Keep chin and shoulders in front of forward foot.

BACK PEDALLING TECHNIQUE

1. Step back with back foot.
2. Back pedal straight back with shoulders and hips parallel to receiver.
3. Keep weight on balls of feet, good balance (no backward lean, shoulders rolled forward). Keep chin in front of toes.
4. Use good arm and leg running action, feet should be close and stay close to surface on ground or turf.
5. Take natural backward run with foot stepping back behind the hip to gain depth and a good vertical position.

POSITION

1. Lateral Position: position parallel to line of scrimmage. Inside position or leverage on receivers inside shoulder. Keep shoulders and hips square to receiver when weaving to keep this position. (Push off with outside foot on inside weave and inside foot on outside weave).
2. Vertical Position: Pedaling action away from L.O.S. when receiver runs down field (vertically). Keep a cushion of $2\frac{1}{2}$ yards.

CONCENTRATION

Concentrate on receiver. Stay in back pedal as long as you can with shoulders and hips square to the receiver's shoulders and hips. Concentrate on the area between the numbers and the belt. This will also allow you to see the drop of his hips when he runs and intermediate cut.

DRIVE FOR BALL

Closing on receiver or ball. When receiver you are covering has made his break, explode and close quickly in direction of his break. (Stay on upfield shoulder) Still concentrate only on receiver. Do not look for ball until you have proper position on receiver (in stride with receiver on upfield shoulder). This is the most important phase in man coverage, coming out of pedal into cuts by driving to reception area, ball or receiver. Your weight must be as low as possible with shoulders rolled forward and prevent any false step.

COVER 4 & DOG

(MAN TO MAN)

*WR should see
into their route*

*When WR. stand
up is when he
is going to make
his cut*

INSIDE TECHNIQUE vs. WIDE RECEIVER

1. Camouflage alignment until last minute.
2. Line up 5-8 yards off receiver on his inside.
3. Take away inside route with your alignment.
4. Shuffle into backward run keeping same inside relationship.
Never let him get head up. Use short, quick steps.
5. Maintain a 2 yard cushion - let him come to you.
6. ~~At 12-14 yards throttle down and be ready to snap on his move.~~
7. Don't take his first fake. Concentrate on his belt buckle.
8. If he is still driving hard, anticipate the deep route. Turn toward him and run on his inside hip. Recover - Explode. NEVER GIVE UP!
Try to bite his inside ear.
9. Stay in good, low backward run as long as possible.
10. On his move, you move. Mirror his steps and accelerate.
11. On streak route, play his hands. He reaches, you come up under his arms going for football.

CUSHION vs. SLOTBACK/WINGBACK

1. Alignment will be 5-8 yards off on his outside.
2. Use the same technique as above.

INSIDE vs. BACK

1. Use basic stance and line up according to formation. Mirror the move of your man.
2. Establish inside position on your man.
3. If he releases downfield, jump on him and stay inside.
4. If he flares, stay back and inside - react up when ball is thrown.
If he goes deep, jump him.
5. If he blocks, check for delays, draw or screen.

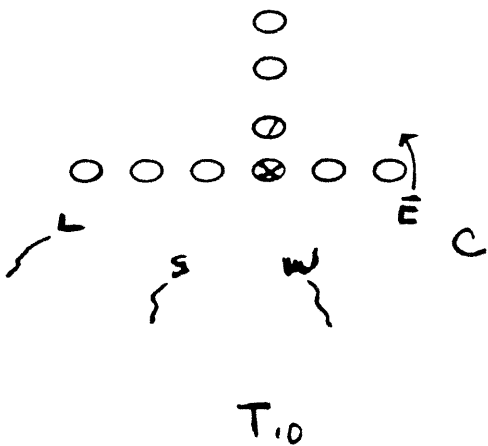
MAN TECHNIQUE vs. TIGHT END

1. Camouflage alignment.
2. ~~5-6 yards~~ *5-6 yds deep*
3. Mirror the TE's release - do not shuffle. Keep your relationships.
4. As he releases off L.O.S., ~~jump in his face.~~ *play inside hip and shoulder position. Deny*
5. Harass and play him tight.
6. Don't lose your concentration on Tight End. *the inside position*
7. Be ready for Drag, across and delay.
8. *Deny the inside release* *release (course)*

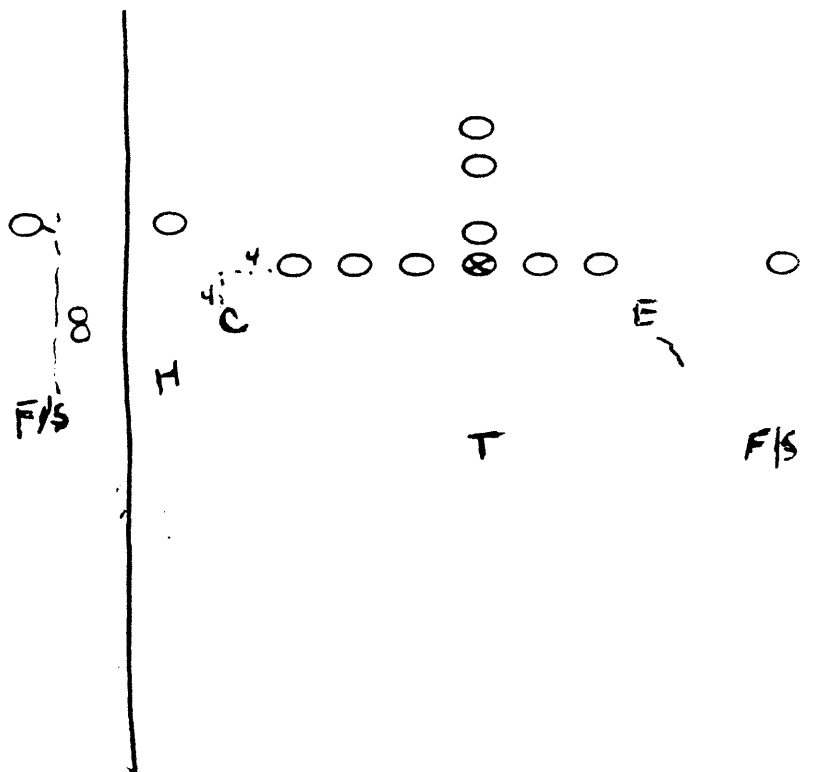
COVER 3

- TROY
- Pass - Deep middle 1/3.
 - Run - Quick alley support both ways.
- HALFBACK
- Pass - Deep outside 1/3. Read QB and break on ball.
 - Run - Late contain and backside leverage.
- FREE SAFETY
- Pass - Deep outside 1/3. Read QB and break on ball.
 - Run - Late contain and backside leverage.
- CORNER
- Pass - Drop to tight curl.
 - Run - Force contain the ball.

STRONG 3



WILD 3



COVER 1, 2 - TWO TE ADJUSTMENTS

Troy, F.S., H.B. - Play the coverage called

CORNER - "Tite" Technique

Alignment

- 2 and 2 from TE

Stance

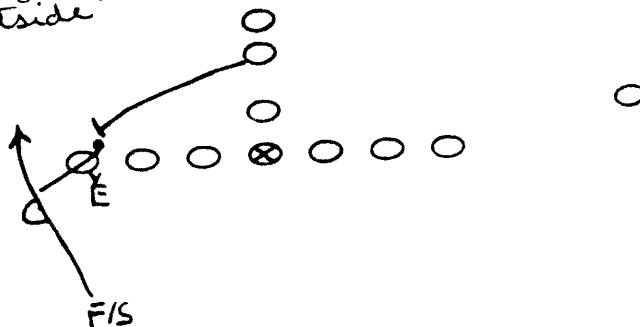
- Outside foot back - football position

Key

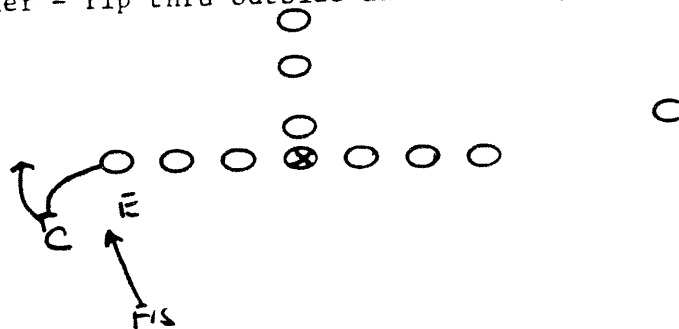
- TE to the ball action

Reactions

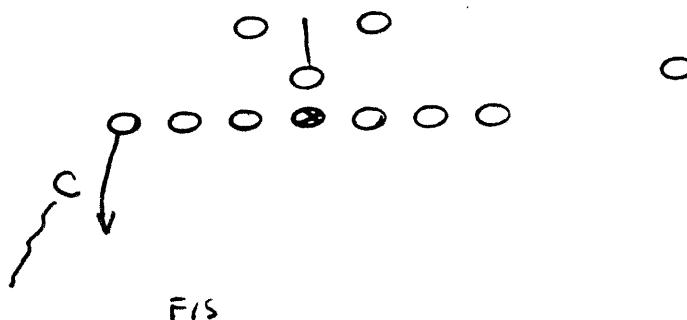
1. TE blocks down - attack low and hard to point behind TE original position. Don't get upfield. You do not have contain. *Force play to bounce outside*



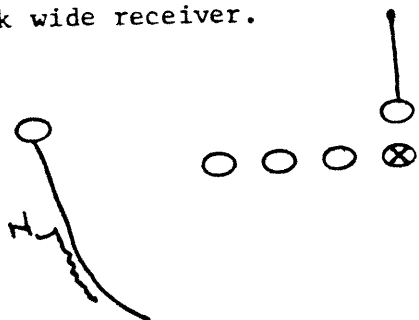
2. TE blocks corner - rip thru outside and contain play.



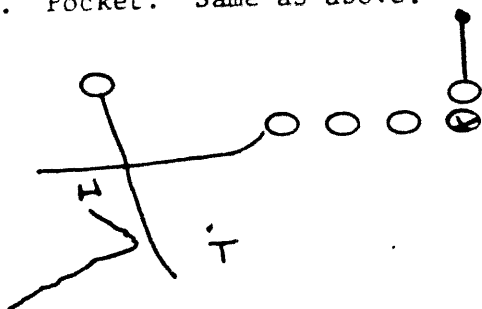
3. TE releases - play pass - take the flat.



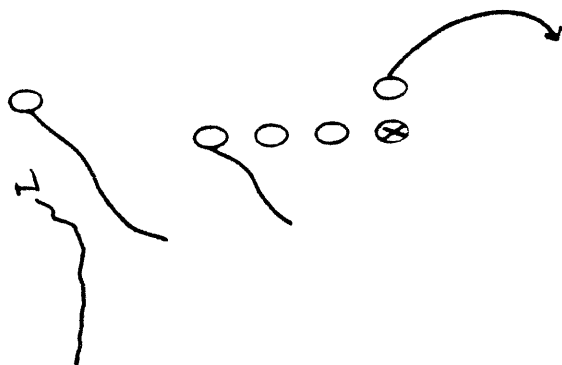
3. Pass To: Slam wide receiver to the inside. Sink at a 45° to take away the out route. Never allow #2 to cross your face. React up on pass in the flat. No #2, ride the wide receiver all by the way. Play action - attack wide receiver.



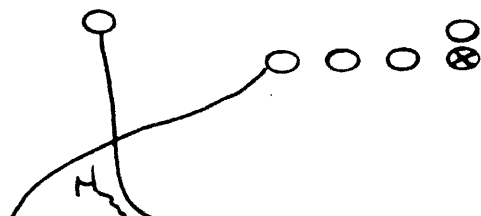
4. Pocket: Same as above.



5. Pass Away: As QB breaks the tackle box, rotate to deep outside.



6. #2 Wheel - take #2 man to man.



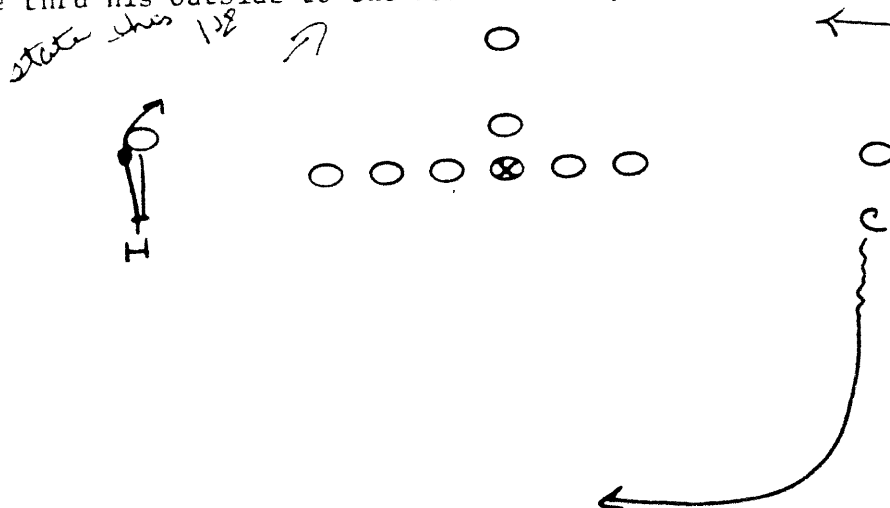
COVER 2

CORNER & HALFBACK

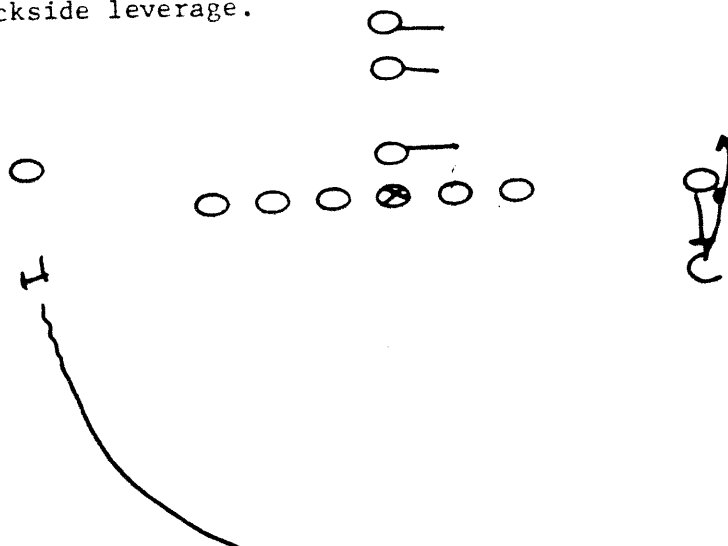
- Alignment - Same as Cover 1
- Stance - Same as Cover 1
- Key - Inside to T.E., backs and ball. On pass, be alert to #2 receiver's route.
- Initial Movement - Square up and keep feet moving. Slam wide receiver to the inside. HB - play a loose Cov. 2 technique

Reactions

1. Run To: Attack Wide Receiver. Take inside go, if he gives it to you. Come thru his outside to the ball. Take pitch on all options.



2. Run Away: Shuffle back. Check for reverse. Rotate thru Troy and keep backside leverage.



COVER 2

SAFETY & TROY

Alignment

- Troy goes to wide side and to strength in middle. Line up in a Cover 1 alignment.

Stance

- Same as Cover 1.

Key

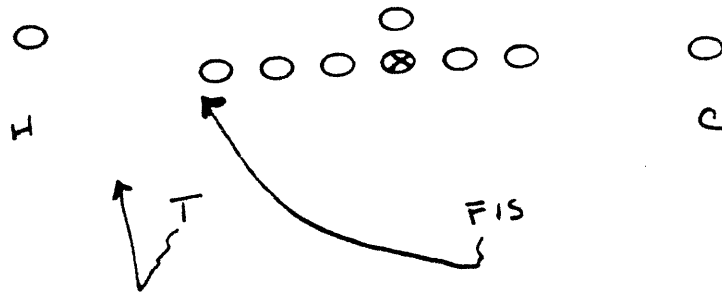
- #2 Receiver, to the ball action. On pass, key Wide Receiver to your side. Play pass first.

Initial Movement

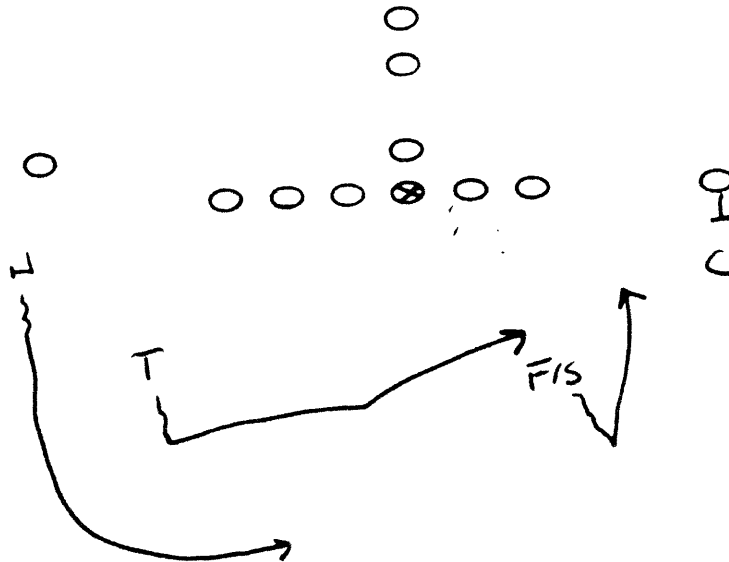
- Execute a short shuffle toward the hash on your side. Get deep and on your hash and then react to keys. Always play pass first.

Reactions

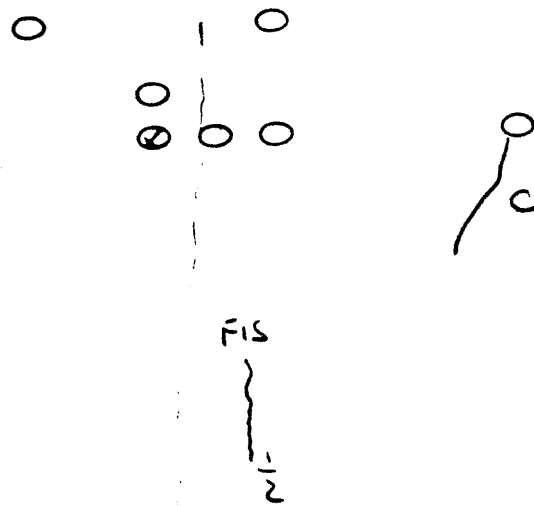
1. Run To: Read the blocking scheme. Take alley support. Go opposite corner or HB. You are responsible for HB pass.



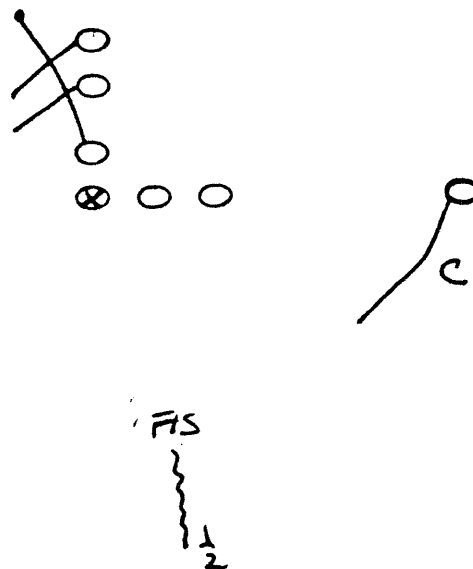
2. Run Away: Protect the Safety for pass. Late support, inside-out.



4. Pocket - Same as above.



5. Pass Away - Same as above.



COVER 1

SAFETY

Alignment

- 12 yards deep, 3 yards outside hash, ball in middle on hash mark.

Stance

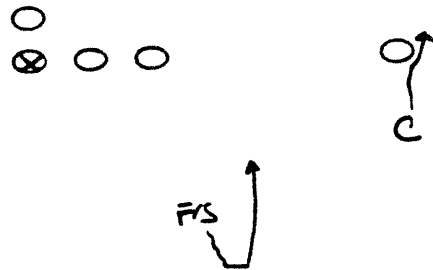
- Football position with inside foot back.

Initial Movement

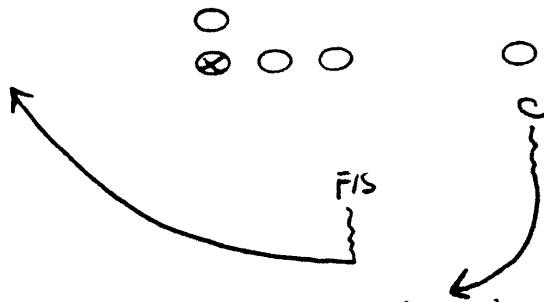
- Execute short shuffle as you read key.

Reactions

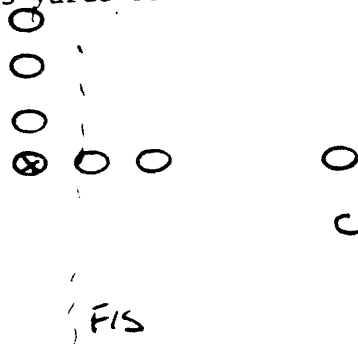
1. Run To: Read blocking scheme of W.R. - attack the alley inside out on ball. Come up opposite the corner.



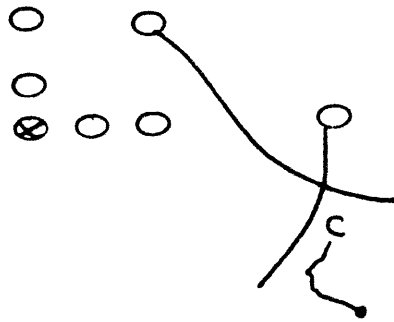
2. Run Away: Check for Pass - late support.



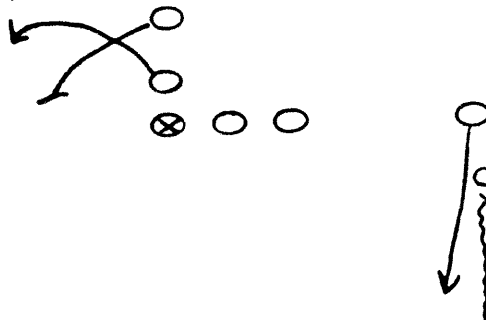
3. Pass To: Get depth and width. You have deep $\frac{1}{2}$. Key the wide receiver's pattern, but keep eyes on ball. Protect outside first. Be deeper than deepest receiver. On "middle" call by Troy or outside release, widen to 3 yards outside and take deep $\frac{1}{3}$.



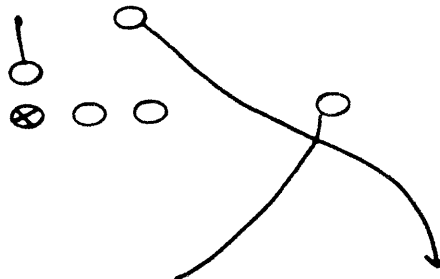
4. Pocket: Same as above.



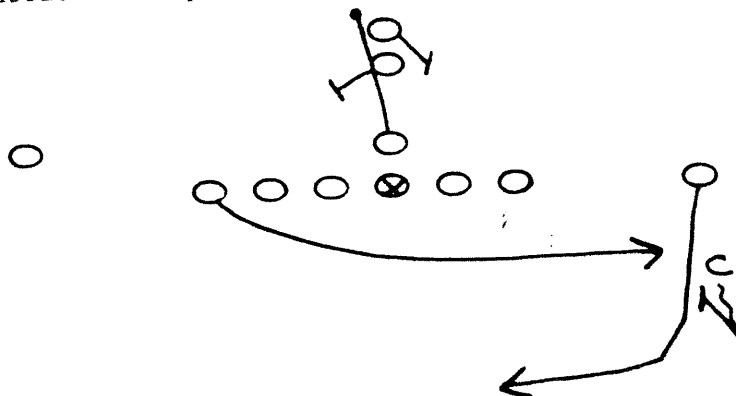
5. Pass Away: As QB breaks the tackle box, rotate to deep outside.



6. #2 Wheel - take #2 man to man.



7. Attack TE's pattern aggressively.



COVER 1

CORNERBACK

Alignment

- 3-5 yards deep and 1 yard outside the wide receiver.

Stance

- Football position with feet staggered.

Key

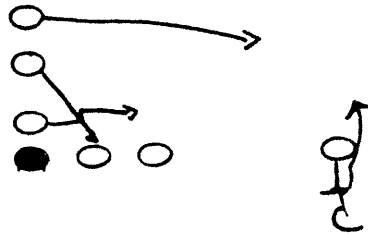
- Inside to TE, backs and ball. On pass, be alert to #2 receiver's route.

Initial Movement

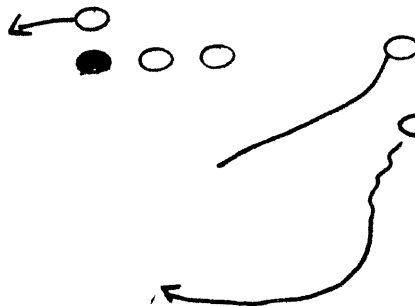
- Move feet and read run or pass.

Reactions

1. Run To: Attack wide receiver. Come thru his outside to the ball. Take pitch on all options.



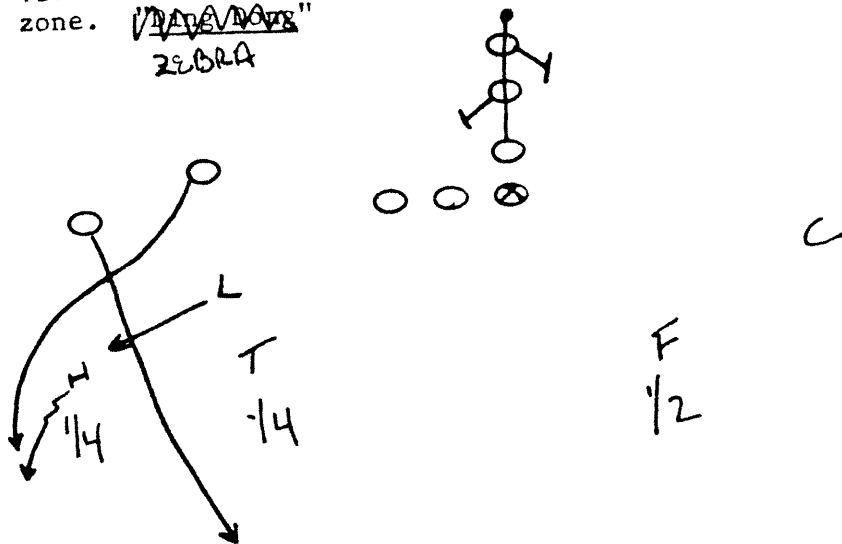
2. Run Away: Shuffle Back. Check for reverse, rotate thru Safety and keep backside leverage.



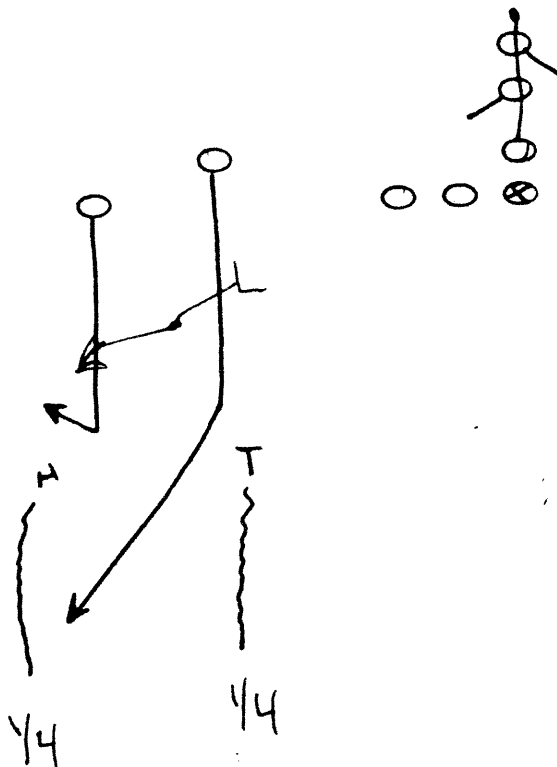
3. Pass To: Slam wide receiver to the inside. Sink at 45° to take away the out route. Never allow #2 to cross your face. React up on pass in the flat. No #2, ride wide receiver all the way. Play action - attack wide receiver.



4. Vs. Over: Be alert to wheel by #2 - help out. Take deep outside 1/3 zone. ~~1/3 zone~~



5. Vs. Over: HB has a ~~wing~~ ^{2902A} ~~wing~~. Troy will overplay the inside route. HB will take the deep 1/3 zone.



COVER 1

HALFBACK

Alignment

- 8 yds. deep and 1 yd. inside wide receiver.

Stance

- Football position with feet staggered. Bend at waist with arms hanging in relaxed manner.

Key

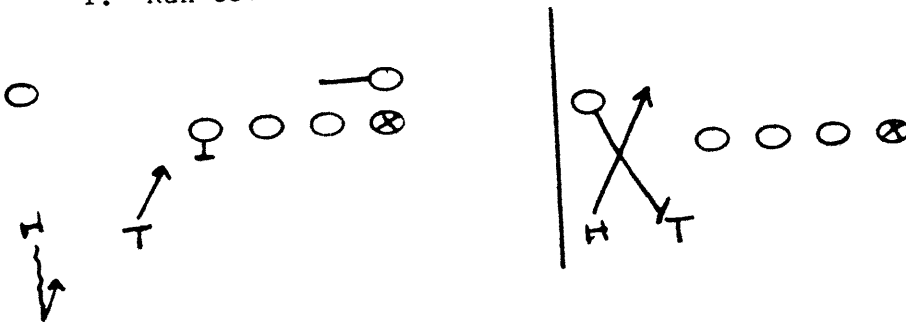
- Ball and wide receiver.

Initial Movement

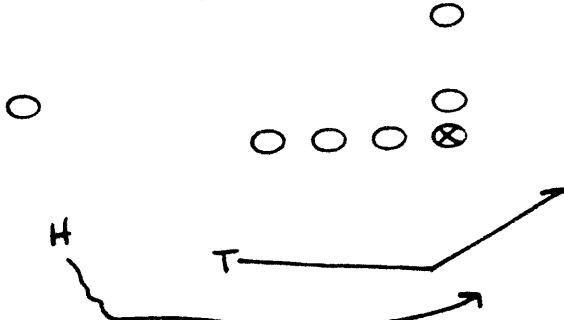
- Execute back pedal and read play.

Reactions

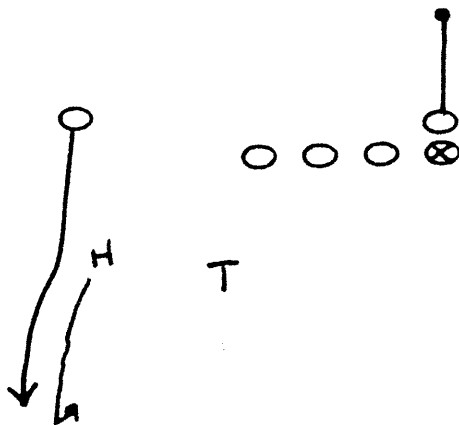
1. Run to: Late contain. (Crack back - Force contain)



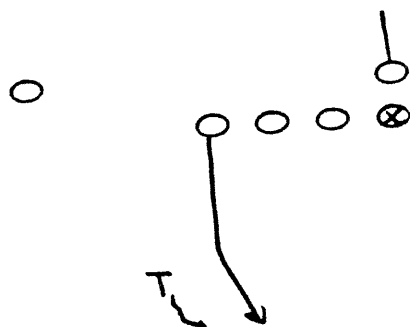
2. Run Away: Rotate and keep backside leverage.



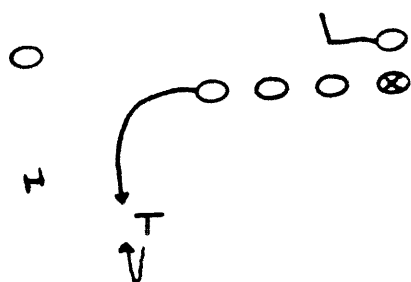
3. Pass: Deep 1/3 - Snap up on the out route. Take Flanker man to man on all deep and outside routes.



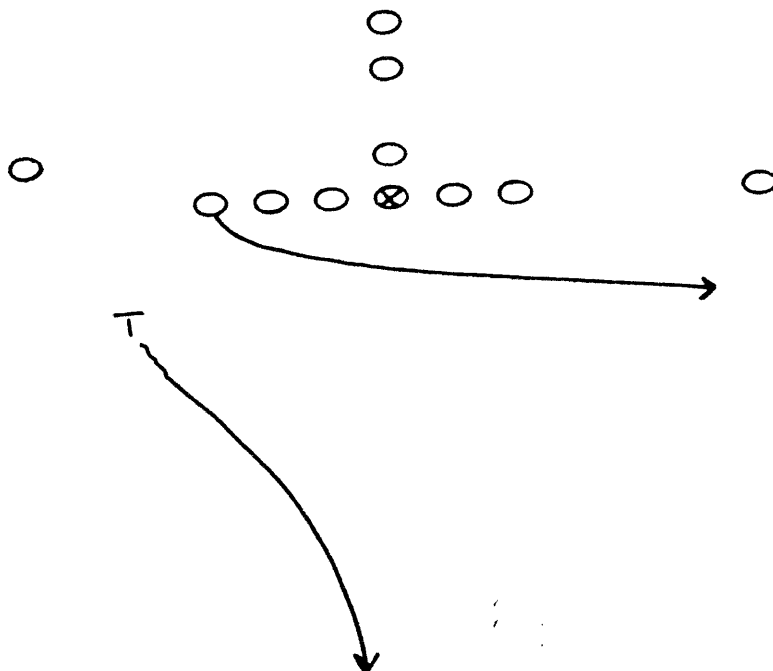
4. TE post-deep - Go with TE.



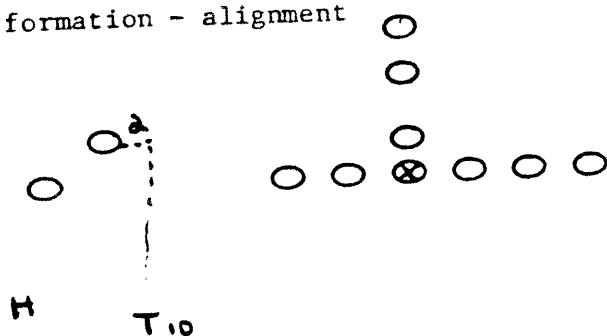
5. TE Pop - Take Pop away.



6. TE Drag - Across - Go to deep middle 1/3. Yell "middle" to F.S.

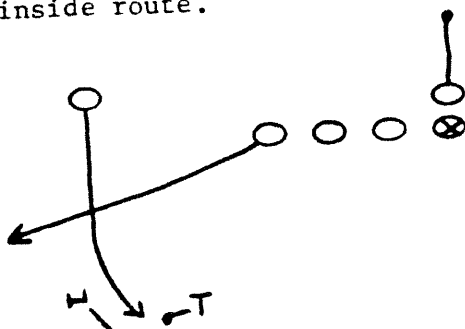


4. Over formation - alignment

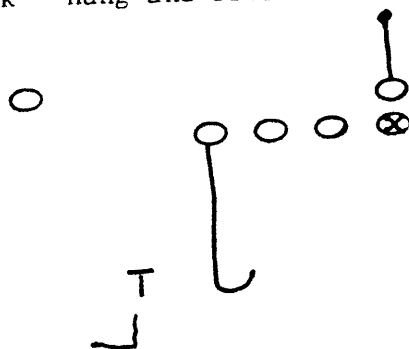


Pass Responsibilities - TE (2nd rec.) pattern

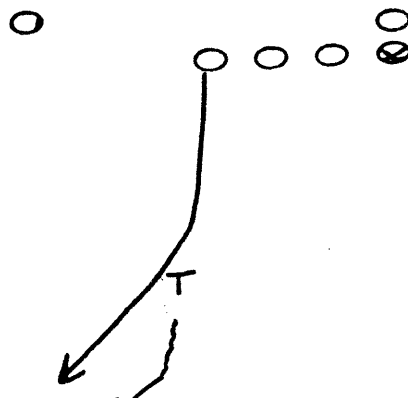
1. TE Flat or horizontal release - look at flanker and double cover any inside route.



2. TE hook - hang and break to ball - look to flanker ~~for cut~~ ^{and DSL cover}



3. TE Flag - Go with TE.



TROY HAD TE
M/M AFTER A
14 YD VEHICLE
RELEASE

COVER 1

TROY

Alignment

- Go to wide side of field. In the middle (between goal post uprights) go to strength of formation. Line up 12 yards deep and 3 yards inside hash. Middle of field - line up on hashmarks.

Stance

- Good football position with inside foot back.

Key

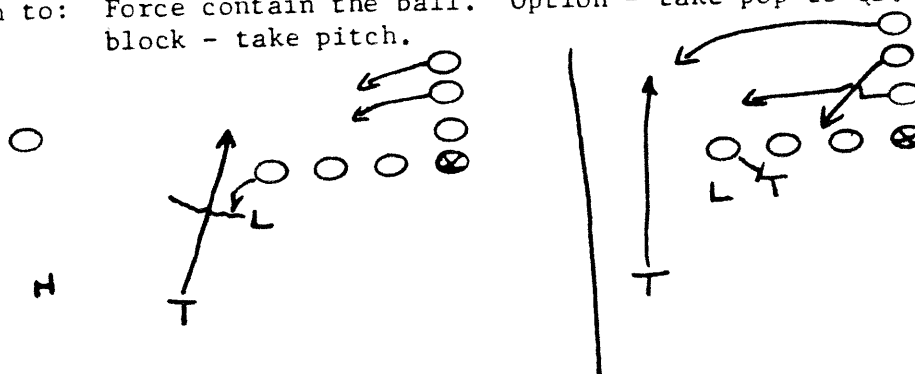
- Second receiver (TE) to the ball.

Initial Movement

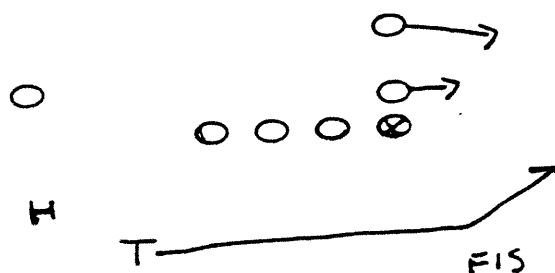
- Hang in your area and read keys. Stay square.

Reactions

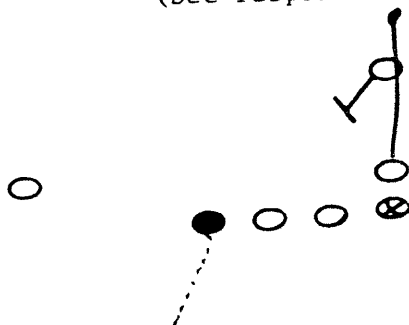
1. Run to: Force contain the ball. Option - take pop to QB. Down block - take pitch.



2. Run away: Rotate thru FS; fill inside out. Check for reverse first.



3. Pass (Pocket + To): Read TE (2nd. rec.) and react to his course. (See responsibilities)



U.S.C. COVERAGES

- COVER 1
 - Hang coverage on the Troy side and squat coverage on the F.S. side.
- COVER 2
 - Five underneath zone with two deep safeties.
- COVER 3
 - Four underneath zone with a three deep.
- COVER 4
 - Man to man. Four backs take first four receivers using inside technique.
- COVER 5
 - Man to man using inside technique. Inside linebackers take #3 and #2 and F.S. is free.
- COVER INVERT
 - Four underneath zone with a 3 deep.
- COVER 6
 - Two deep with overload to the field.
- COVER SKY
 - Four underneath zone with a 3 deep.
- COVER 70
 - Tight cover with Troy playing Cover 1. Used with goal line defense.
- COVER COWBOY
 - Four underneath zone with a 3 deep.
- COVER 9
 - Inverted Cover 2 with Troy and F.S. using a Cover 1 technique.
- 3 TITE
 - Standard adjustment to formation into sideline. Three deep with Corner tite.
- 1X
 - Corner plays engage technique on X, others play Cover 1.
- DOG
 - Man to man by three back using inside technique. Inside backers take #2 and #3.
- MAN
 - Five underneath man using trail technique with two free safeties.
- PURPLE
 - Predetermined rotation to three deep.
Red - Right Blue - Left
- RED DOG
 - Dog coverage in the secondary with a spy and outside rush concept up front.

MAD DOG QUARTERBACK

MIDDLE

PLAY THE BALL

POP PASS

ROTATE

SHUFFLE

SLAM

SNAP OFF

SPLIT FLOW

SQUARE UP

SQUEEZE

SUPPORT

UNDER CONTROL

ZONE COVERAGE

SWITCH

NBA

TITE

SHOW

- A quarterback scrambling who has broken contain.
- Call by Troy to F.S. in Cover 1, indicating he will take middle.
- Going to the ball when it is thrown. Play through man to the ball.
- Quick pass to T.E. over middle off of option look.
- Coordinate movement of Secondary to the ball carrier.
- Quick movement toward your zone on the snap of the ball.
- Technique used to force inside and/or slow down wide receiver.
- Rolling over the leg and flying to the interception point.
- Offensive Backs moving in opposite directions.
- Get feet parallel to the L.O.S. and/or point them to the goal line.
- Forcing a receiver into the sideline on a streak route.
- Aggressive movement of Defensive Back coming up to stop the run.
- Coming to good football position with eyes on ball carrier's mid-section.
- Defending area and playing the ball, not men.
- Call made to indicate two players switching zones and assignments.
- Tight, inside-out bump and run man to man technique.
- Corner's 2 TE adjustment technique.
- Give appearance to blitz man, but play zone.

MAKE THINGS HAPPEN!!!!

SECONDARY TERMS

ALLEY

- Run support lane of responsibility for Safeties in Cover 2.

ARC BLOCK

- TE's block on the Troy or Corner on the triple option play.

ATTITUDE

- Shoulder and hip position of safety covering the deep $\frac{1}{2}$.

BACKSIDE LEVERAGE

- Keeping the ball and all eligibles in front and inside of you.

BANJO

- Call to execute inside-outside man-to-man switch situation.

BLOCK PROTECTION

- Using inside arm and shoulder to destroy block and protect legs.

CAMOUFLAGE

- Disguise our coverages by always lining up the same.

CONTAIN

- Keeping the ball inside in order to prevent the long run.

CRUNCH

- A stunt executed by Corner.

CUSHION

- Man coverage keeping a 2 yard distance between you and receiver.

FEATHER

- Take option responsibility from the line of scrimmage.

FLOW

- Movement of Offensive Backs in same direction.

FUNNEL

- Forcing a receiver to the inside.

RED

- Auto rotation right.

BLUE

- Auto rotation left.

HANG

- The Troy's TE read technique in Cover 1.

INTERCEPTION POINT

- A point in front of receiver where the ball will arrive.

INTIMIDATE

- Aggressive hitting of receivers to discourage pass receptions.

LEVEL OFF

- Get shoulders square to L.O.S.

III. COMMUNICATE

In order to improve our coverage and form a cohesive type of defense, the Secondary must do considerable talking with each other. You must repeat everything three times and be loud. The following are some alerts we will be using:

1. "Pass, pass, pass" by anyone recognizing a pass play.
2. "Screen, screen, screen" upon recognition of screen pass.
3. Always tell the Outside Linebackers the coverage call.
4. "Mad Dog" when QB is out of control.
5. "Crack, crack, crack" on the crack back block.
6. "Ball, ball, ball" yelled by all who see the ball thrown. Alert that the ball is in the air.
7. "In, in, in" when wide runs curl, or to tell Ollie to stay inside.
8. "Out, out, out" on a sideline-type route by receiver.
9. "Run, run, run" when you are sure it is a run. Always play pass first.
10. "Middle, middle, middle" call by Troy in Cover 1 when he is coming to the middle.
11. "Bingo" when making interception in order to alert teammates to block.
12. "Coming across" to alert teammates of receiver crossing your zone into his.
13. "Reverse" when HB or End over you turns and goes on a reverse course.

There are many more of these calls and we want you talking all the time. If you are communicating, you are thinking. Talking is essential to good defense. If you can't talk together, you can't play together.

"THOSE WHO COMPLAIN ABOUT HOW THE BALL BOUNCES
ARE USUALLY THE ONES WHO DROPPED IT"

INDIVIDUAL SECONDARY TECHNIQUES

I. BASIC REQUIREMENTS

A. Movement:

Speed, quickness and balance.
Ability to move your feet and fly to the ball.
Must be in top condition all season long.
You must love to run.

B. Toughness:

Must have great desire to hit and attack people.

C. Concentration

Must know the coverages and your responsibilities.
It should become second nature to you.

II. BACKWARD RUN

The basic technique you must master in order to play is the backward run. Ability to run backwards with speed, react to the ball and fly to the interception point is essential for you to play in our secondary.

A. Stance:

Good football position with feet staggered.
Bend at the waist and allow arms to hang in a relaxed manner.

B. Start:

Push off front foot and step back with back foot.
Keep shoulders low and weight over the balls of your feet.
Hips should start back, never forward.
Stay low allowing shoulders to come up gradually.

C. Sprint:

In running backwards, do not push with feet, but reach back with each step and pull your body over your feet.
Bend your knees so that feet are able to extend back past your hips.
Keep a forward lean with shoulders and a slight bend at waist.
Move arms in a relaxed running style.

D. Snapping to the Ball:

Eliminate all extra steps.
Drive directly to the football with no wasted motion.
Brake step and throw arm & shoulder to the ball.
Step with foot to the ball and accelerate.

COACHING TIPS

1. If in doubt - play as pass.
- ***2. Never get beat deep.
3. Always go for interception.
4. Do not go for fakes inside. Play through outside shoulder of blocker.
5. Stay on your feet no matter what. Always expect the low block.
6. Never line up head up on receiver. Give him only one cut.
7. If your key is End and he is gone or ineligible, pick up nearest eligible man for key.
8. When ball is intercepted, all others try to get in front of interceptor and block. Block the intended receiver first. Interceptor go to nearest sideline.
9. React to ball as soon as it is thrown; do not take one extra step. In short zone, react on the QB.

KEYS OF PASS DEFENSE

- *1. Be in proper alignment every play, know the coverage and your responsibilities.
2. Diagnose play as soon as possible (run or pass).
3. Play the ball. Go aggressively for the interception.
4. Fly to the ball wherever it is.
5. If pass is complete, maintain your poise and confidence. Get the next one!

NOTHING GREAT WAS EVER ACHIEVED

WITHOUT ENTHUSIASM

GENERAL DEFENSIVE BACKFIELD PLAY

TRAITS OF A GOOD DEFENSIVE BACK

1. DESIRE - Be the best.
2. SPEED - Love to run.
3. TOUGH, AGGRESSIVE FOOTBALL PLAYER - Intimidator and deadly tackler.
4. POISE AND CONCENTRATION - Good judgment under fire.
5. A WINNER - Pride in team and self.
6. QUICKNESS - Good feet and body control.
7. HUSTLE - 110% effort all the time.
8. IMPROVEMENT - Works to get better each and every practice.
9. BALANCE - Quick feet and body control.

PHILOSOPHY

We will be attackers instead of defenders. In order to be an attacker of the forward pass, you must have tremendous desire to intimidate the receivers. You must play with confidence and hope they pass in your zone so that you can intercept. You are on the attack to get the ball. You must utilize sound judgement because we cannot tolerate mental mistakes.

THEORY

1. We will use several coverages in order to confuse the offense.
2. We can cover all formations with a minimum of adjustments.
3. Our alignment will look the same in all coverages.
4. We will provide quick, tough run support.
5. Our sound, aggressive zone defense will not allow the long pass or run.

BASIC PRINCIPLES

1. Know your proper alignment - keep good field balance.
2. Use good stance.
3. Maintain loud verbal communication - call formation, coverage, eligibles, pass, run, etc.
4. Know your opponent's strengths, weaknesses, tendencies, and personnel.
5. Know where the football is at all times.
6. Play the ball. Go to the ball no matter where it is or where you are.
7. Fly to the ball and intimidate people.
8. Play through the receiver for the ball. Play the ball and not the man. Someone else will be there to make the tackle. Don't be overconcerned about interference.
9. Don't be upset by a short completion. We will occasionally trade a 6 yarder for a "headache".
10. In man to man coverage, concentrate on your man and your man only!!

TECHNIQUE

Secondary

STUNTS

1. Shoot:

The Eagle Technique linebacker will run thru the "A" Gap on the snap of the ball. Don't cheat up too far to give the stunt away.

2. Plug:

The Okie Technique linebacker will run thru the "B" Gap on the snap of the ball.

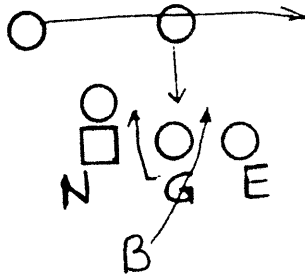
3. Blitz:

Both linebackers will run thru their respective gaps of responsibility on the snap of the ball. Don't cheat up too far to give stunt away.

4. Wham:

A. Okie LB'er - normal reads

B. Eagle LB'er - cheat alignment out and play Okie technique.
You have second contain on sprint out pass.



5. When the OLB'er to your side is executing a slant technique the ILB'er must first contain all sprint passes his way.

ADJUSTMENTS

1. Big Splits:

A. Okie LB'er - if big guard/tackle split you can take this "B" Gap - but first check with your coach. You must call "plug" to alert tackle to your side. Gun is another adjustment. Hawk is another call by LB'er where the tackle and Okie Backer will exchange gaps.

B. Eagle LB'er - If big center/guard split you can execute a shoot stunt but first check with your coach. You must call "shoot" to alert guard/OLB to your side.

LINEBACKER SCRAPE TECHNIQUE

STANCE: Same as Okie Technique or Eagle

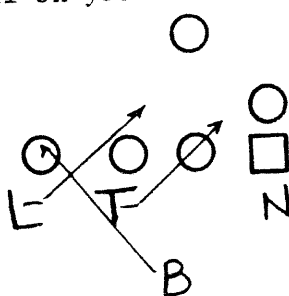
ALIGNMENT: Same as Okie or Eagle

KEY: Same as Okie or Eagle

RESPONSIBILITY: You basically work the lateral plain thinking QB on option, and first contain if sprint out pass your way. We want you at the line of scrimmage when the ball crosses it.

FORMATION READS:

- (1) Dive: Work the lateral plain and think QB filling "D" gap. Play over the Tag, scoop tackle, or TE blocking schemes by scraping tight off your OLB'er. Keep the ball on your outside shoulder.



- (2) Split or Tight FB: Same as Okie Technique
- (3) Isolation: Same as Okie Technique
- (4) Flow Away: Same as Okie Technique
- (5) Fast Read: Same as Okie Technique

COACHING POINTS: The Scrape technique involves changes in gap responsibilities with the people up front. You must scrape tight (inside out) off the tail of the man you are replacing on the L.O.S. using a forearm rip technique and force the ball carrier to bounce. Never leave a gap to your inside.

TYPES OF SCRAPES: Pinch - replace outside linebacker on L.O.S.
Hawk & Gun - replace "5" technique on L.O.S.

LINEBACKER - EAGLE "O" TECHNIQUE

STANCE: Same as Okie Technique

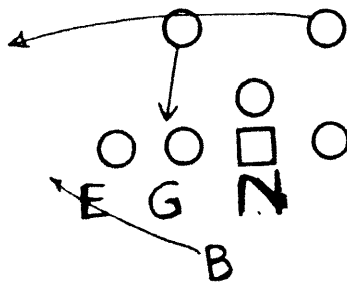
ALIGNMENT: Inside foot on center's outside foot to split crouch of center.

KEY: Same as Eagle Technique

RESPONSIBILITIES:

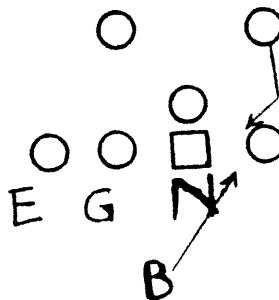
(1) Dive To: (Sprint Draw)

You are responsible for outside "C" area. On option think QB. Do not worry about "A" Gap.



(2) Flow Away:

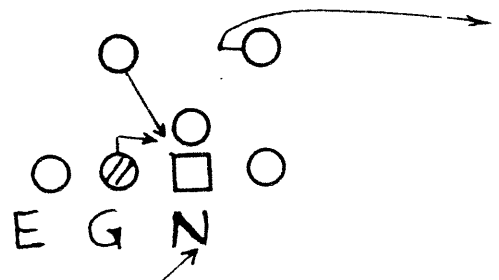
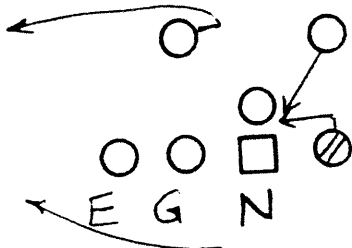
Attack opposite "A" Gap hard by stepping with playside foot at a 45° angle.



(3) Isolation Read - Same as Okie but attack FB in "A" Gap.

(4) Fast Read - Same as Okie (no "A" gap threat). Same as Dive To.

(5) Counter or Tight FB - (Trap Option) - Same as Okie



LINEBACKER - EAGLE TECHNIQUE

STANCE:

Same as Okie Technique

ALIGNMENT:

Inside $\frac{1}{2}$ of offensive guard to inside foot on outside foot of offensive center.

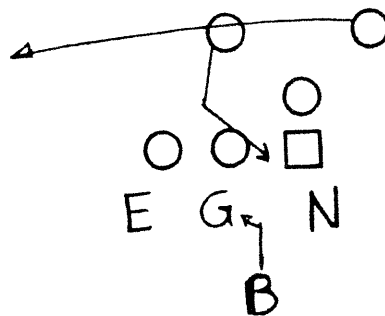
KEY:

Same as Okie Technique

RESPONSIBILITIES:

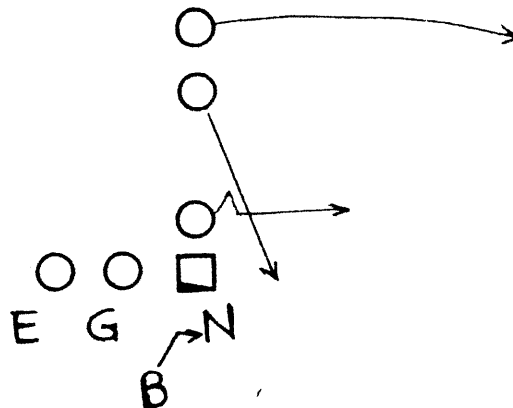
(1) Dive To:

You are responsible for "A" Gap your side. When "A" Gap threat is gone work outside - you are then free.



(2) Flow Away:

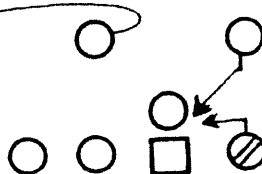
Attack "A" Gap by stepping with playside foot at a 45° angle. Think cutback and be ready to attack any cutback threat in this area. After cutback threat is gone you are a pursuer so get to the ball as hard and fast as possible.



(3) Isolation Read - Same as Okie but attack FB in "A" Gap.

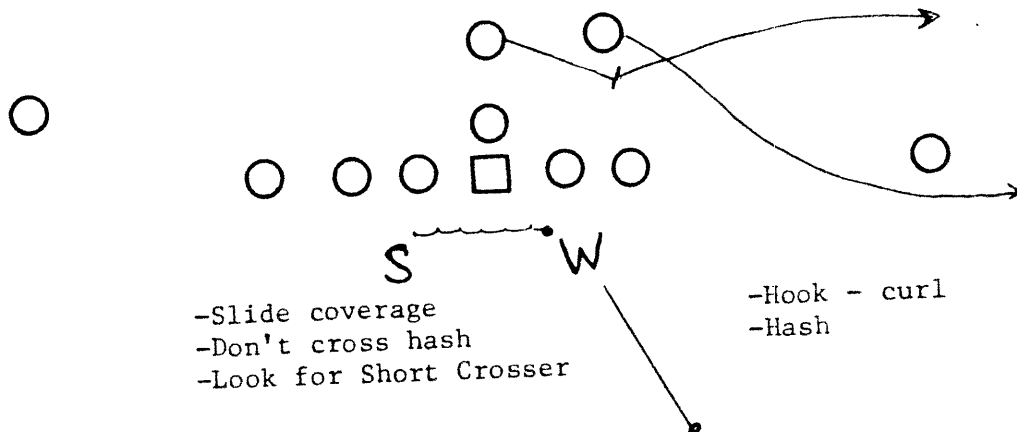
(4) Fast Read - Same as Okie (no "A" gap threat).

(5) Counter or Tight FB - (Trap Option) - Same as Okie.



LINEBACKER - PASS DROPS

80 - ACTION

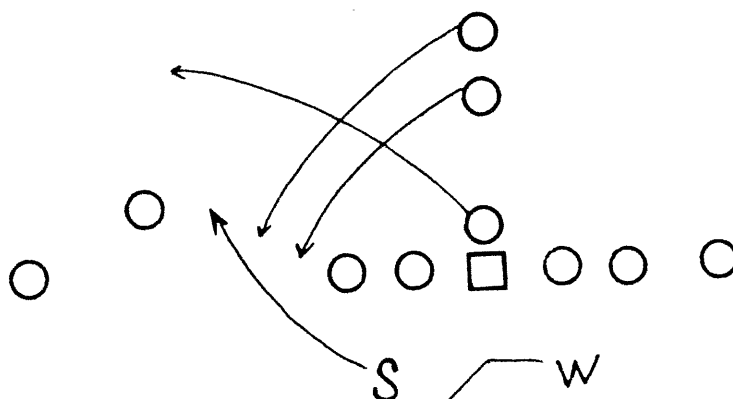


LINEBACKER - PASS DROPS

1. See Okie Technique for base pass drops.
2. Some defenses coverages will predicate a LB'er to be first contain to his side on sprint out pass, or check TE deep on an inside release.
3. Basic Drop Techniques:
 - A. Zone - Open your hips and drop step to the outside. Sprint to zone square up and squat your weight when the QB sets up. As you drop check the receivers (ie. TE or Backs) patterns. Read QB's intentions and break on the ball. Ideal drop would be 12-14 yards deep.
 - B. Man - Key the man you are on. Attack to intercept him on a pass release. Never take zone drop when in man coverage. Strive to get on his inside hip and make the ball be thrown over top and outside. Use Hug Technique and Cover inside out.
4. General Points:
 - A. Don't ever run out of your zone to junction a receiver.
 - B. Key to good zone coverage is breaking on the ball. Good things happen when you go to the ball.
 - C. Don't drop until draw threat is gone -- we play run first. If draw shows attack lead back (Blocker) keeping outside arm free. The draw will never hurt us if it can't break outside.

LINEBACKER OKIE TECHNIQUE

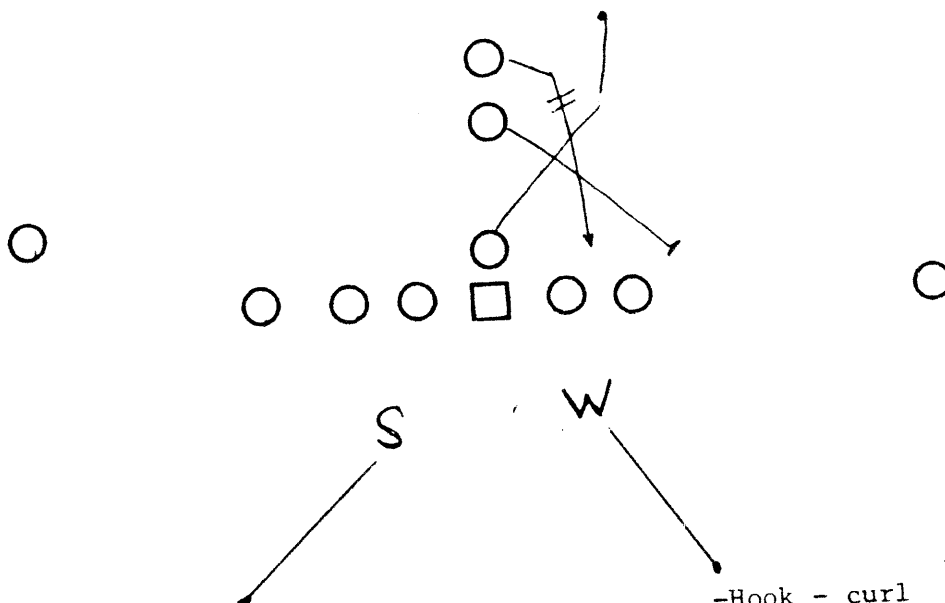
STRONG FLOW (Sprint Out)



- Contain QB
- Could jump FB flat on certain coverages when someone else has curl area.

- Strong Hook - Curl
- Middle - 2nd Contain
- Know what backs are doing, i.e. delays

PLAY ACTION WEAK



- Strong Hook
- Middle Field
- Cover 2 - TE deep on an inside release.

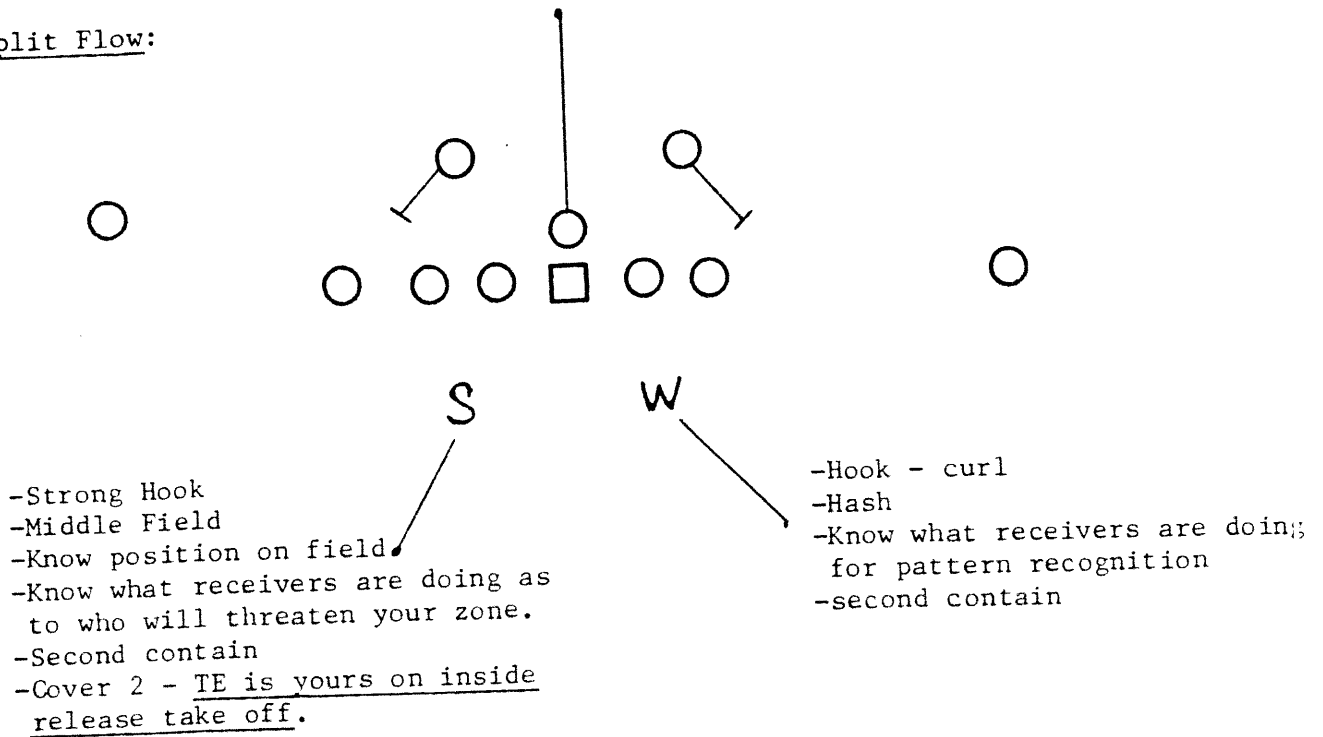
- Hook - curl
- Hash
- 2nd Contain

LINEBACKER OKIE TECHNIQUE

6. Pass Read:

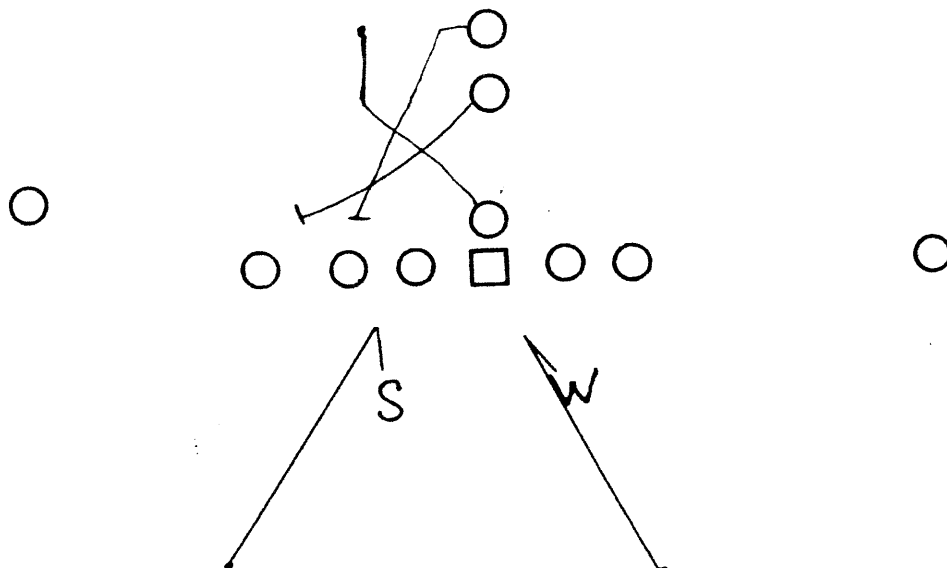
As soon as pass is recognized LB'er must go to his proper drop zone which is basically Hook/Curl i.e. Sam - Middle, Will - Hash mark. You must always be aware of the ball position on the field to determine the angle you open your hips.

Split Flow:



Play Action

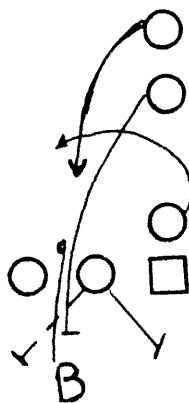
Same drops as split flow when pass is recognized.



LINEBACKER OKIE TECHNIQUE

4. Isolation Read: (32,33)

When reading the FB on an "I" team and an isolation play develops, LB'er must attack fast and hard to meet and defeat the blocker (fullback) one yard deep in the backfield. Strike the blocker down the middle keeping outside arm free. Shed him and help on the tackle. This should be an easy read for the offensive guard will either block down or fan and open up a big vision area.



5. Flow Away Read:

(a) Dive

When the near back goes away from you, think cutback first by attacking the V of the center's neck, then run to ball. Keep your hips and shoulders square and stay behind the football. When shuffling keep your eyes up and hands in front as a block protector. Be prepared to use your hands and again keep your hips and shoulders square. Judgement though experience and instincts will tell you when you are a pursuer and not a linebacker. Come under Center's scoop block, when he gets overextended. See Diagram A.

(b) Fast Flow Away

No need to worry about cutback go hard to ball -- you are a pursuer. Go over center's scoop block even if you have to give ground. See Diagram B.

Diagram A

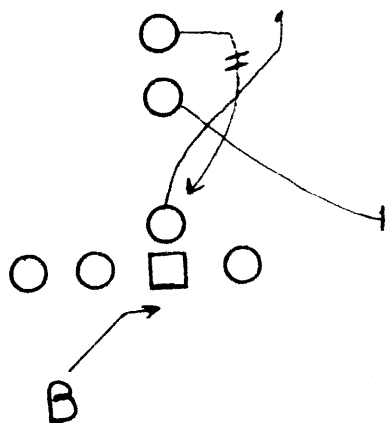
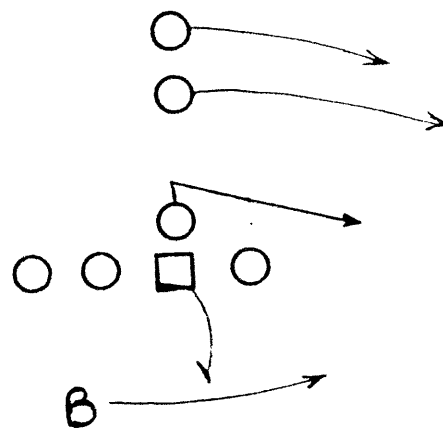
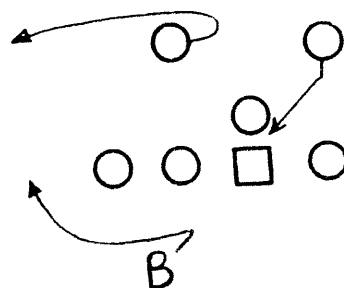
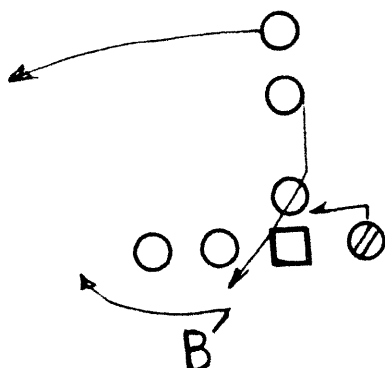


Diagram B



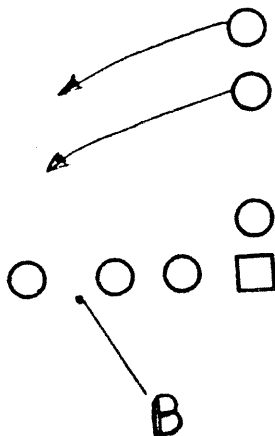
2. (B)
Split or Tight Fullback Away:

45° step playside - rock back to your side when you feel guard pulling your way. You have (K-P) coming over pulling guard. C.P. - when rocking back do not step up or offensive tackle will get you. Step flat.



3. Fast Read:

When the ball goes outside towards you right now as on (F8,F9,09,38,39), attack inside leg of offensive tackle ("B" Gap) by stepping with playside foot first. Keep your shoulders and hips square to L.O.S. and avoid taking any false steps. Keep the ball on your outside shoulder. Be ready for a crack. Don't hesitate to take any hole that opens on the way. Run thru blockers -

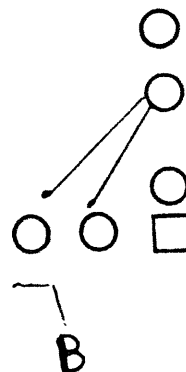
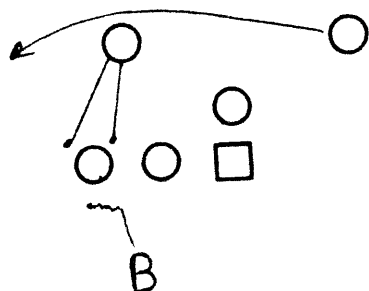


LINEBACKER - OKIE TECHNIQUE

TERMINOLOGY AND FILLS WHEN READING BACKS:

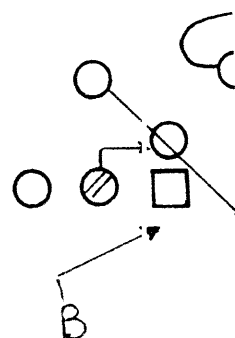
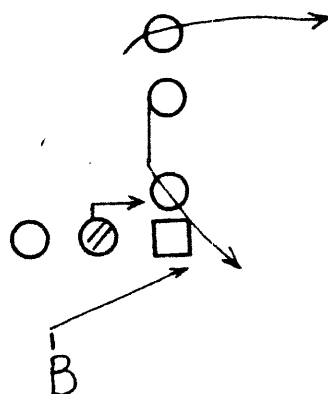
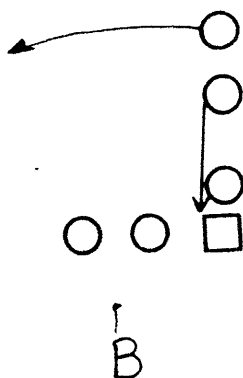
1. Dive Read:

All dives "B" Gap or wider (32,33,34,35,36, and 37). Attack inside foot of offensive tackle, thinking QB, by stepping with your playside foot first at a 45° (eliminate false steps). Keep your hips and shoulders square to avoid crossing your feet in the tackle box. Strike the guard with your inside forearm or butt and hands. If a hole opens, fill it - your MG has been doubled. Get a good vision of your guard and be ready to anchor your outside foot if you feel yourself getting too wide. Avoid false steps and run thru blockers.



2. (A)

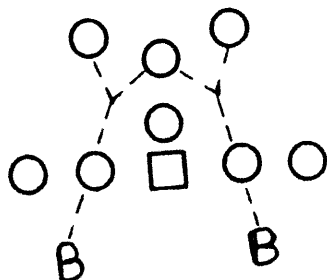
Counter, Split, or Tight FB to: (Trap Option)
(30,31,40,41,48,49) Anytime the backs split with the fullback diving tight to your side think inside dive to trap away. All you need to do is to attack at the fullback's angle by mirroring him. On trap attack the opposite "A" Gap then run to the football. Avoid false steps and run thru blocks.



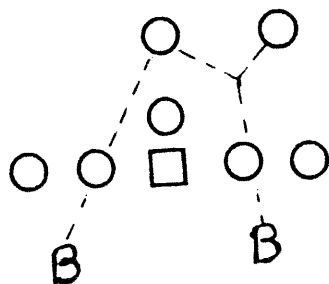
LINEBACK OKIE TECHNIQUE

KEY:

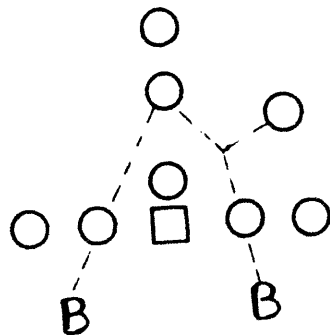
Wishbone: HB-FB to your side with emphasis on FB. (Must recognize counters)



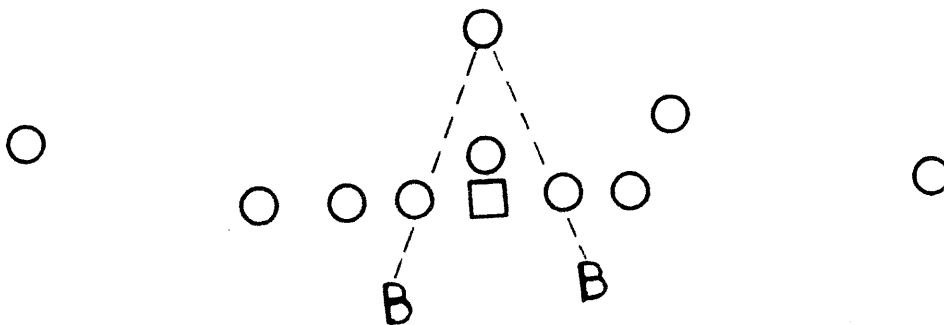
Strong or T: FB and HB or just FB, or a better key (i.e. guards).



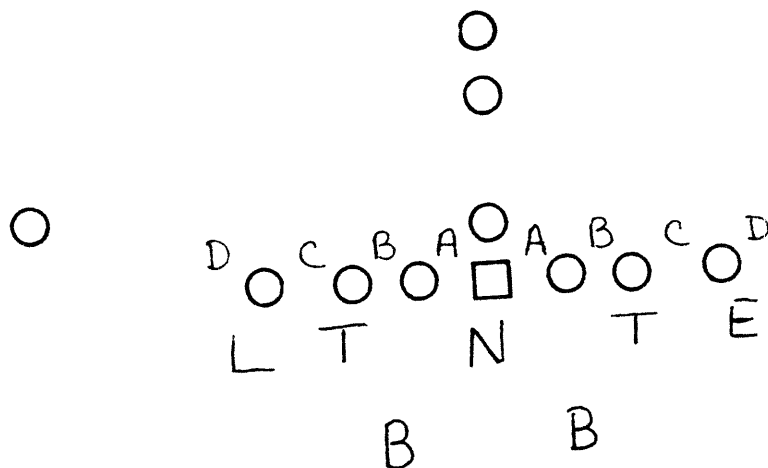
Heavy: Best key we can find - guards or back (Fullbacks)



DBL - Wing: Remaining Back unless better key (i.e. guards).



UNIVERSITY OF SOUTHERN CALIFORNIA INSIDE LINEBACKER PLAY



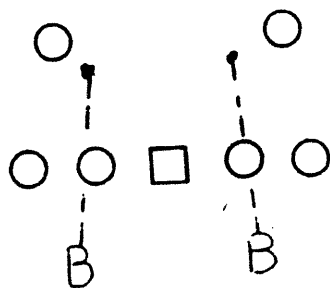
LINEBACKER OKIE TECHNIQUE - Linebackers will always call out the direction of the Okie Technique (i.e., Okie right)

STANCE - Two point stance, knees slightly bent in, with wieght on or slightly over the balls of the feet, feet parallel or staggered about arm pit width, back up and hands in front of body with a natural curve at the elbow.

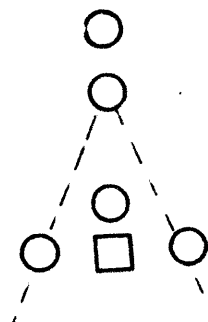
ALIGNMENT - Head up to outside $\frac{1}{2}$ of the offensive guard about 5-6 yards deep. May align wider with inside foot to outside of offensive guard.

KEYS -

Split - about 1-2 feet inside the back to your side thru the offensive guard.



I Formation - Key fullback through guard.



TECHNIQUE

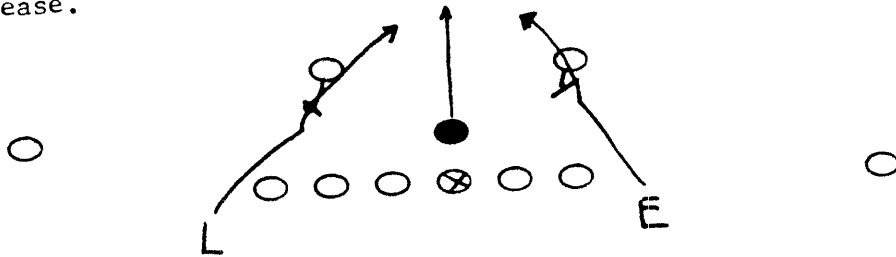
Inside Linebacker

BLITZ ENGAGE

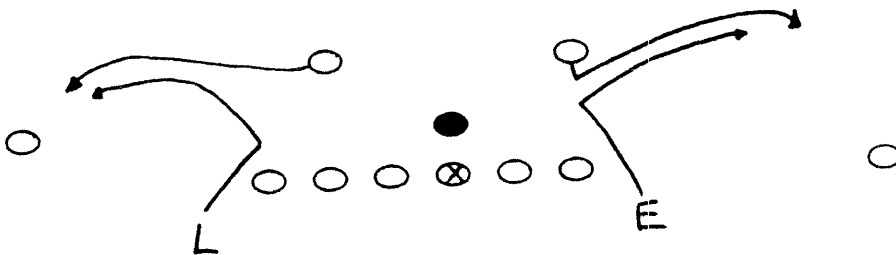
Whenever we are in a full blitz stunt we will put Ed and Ollie in 5 Rush or 9 Rush Techniques.

If we add word engage after the called blitz it will signify the following:

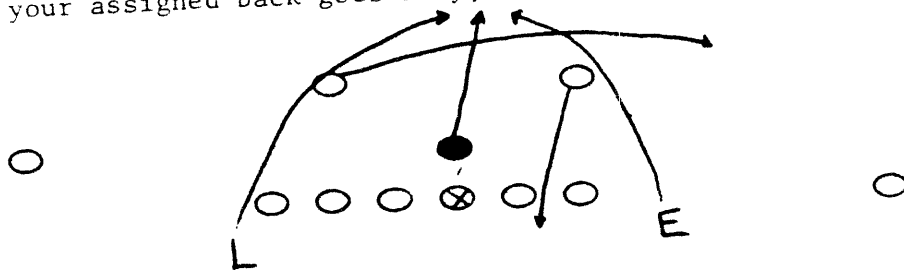
1. Attack your assigned back. Sprint at his inside shoulder. Take the back to the QB. Do not let him delay release. If he tries to chop you, get your hands on him and keep him from delay release.



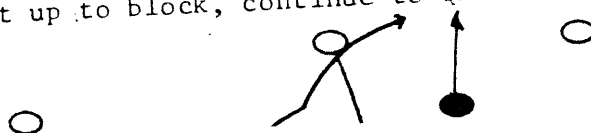
2. If either back flares, engage him and play him man to man.



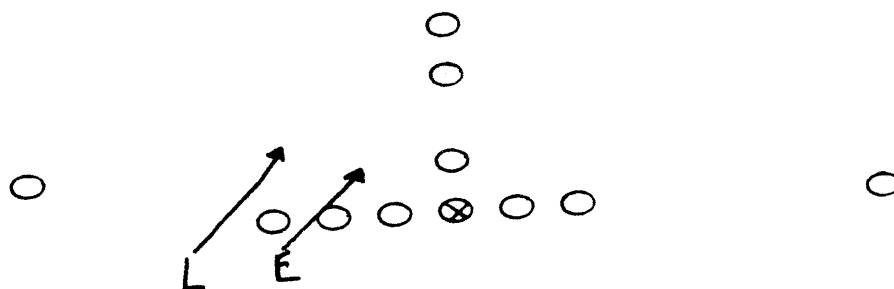
3. If your assigned back goes away, free rush to passer.



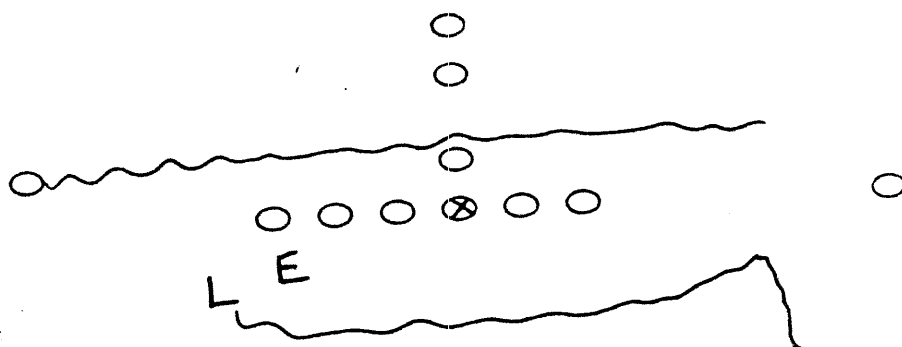
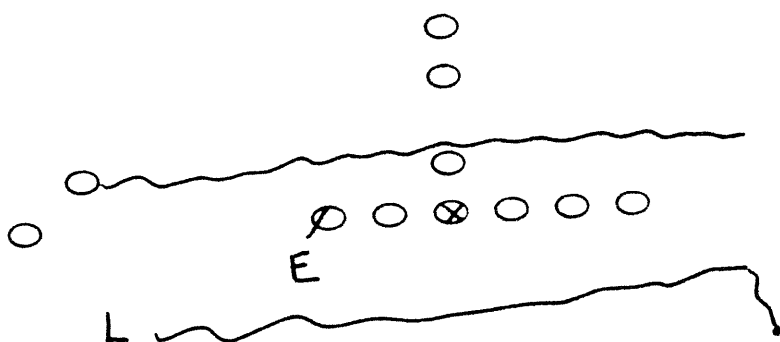
4. If your assigned back releases inside the tackle and does not set up to block, continue to QB.



5. Flop Hard 1 - 2 - Outside man plays a 9 Hard Technique
 - Inside man plays a 6 Slant Technique

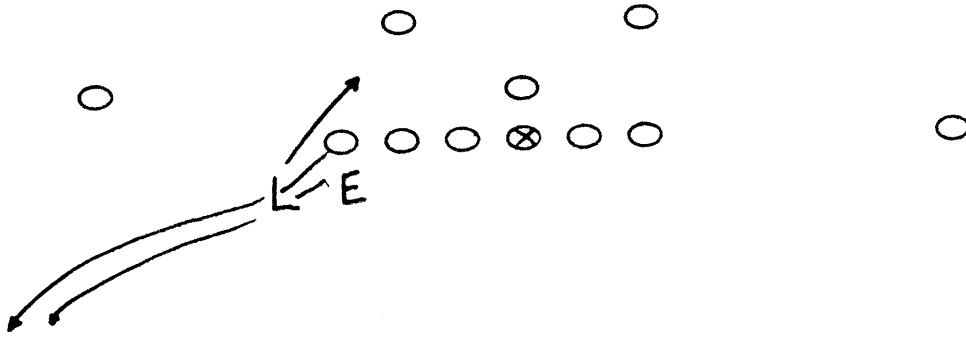


6. Flop 2 Stay



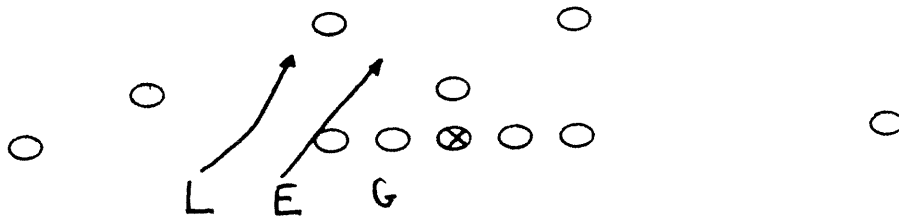
2. Flop 2 - Ollie plays a 9 Hard Technique

- Ed plays a 6 Technique vs. all runs, but plays man on TE on passing actions.



3. Flop Smoke 4 - Ollie plays a 9 Hard

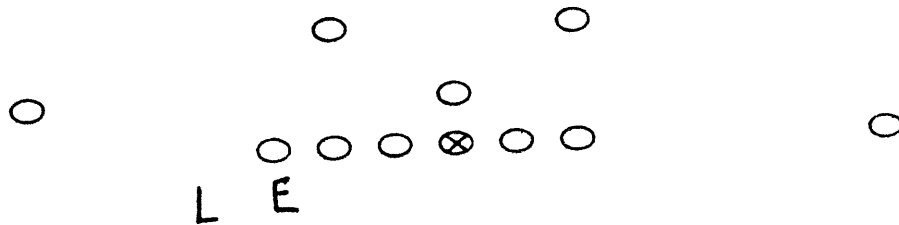
- Ed runs 6 Slant vs. split end



FLOP DEFENSE

A. Both OLB's go opposite Okie Call.

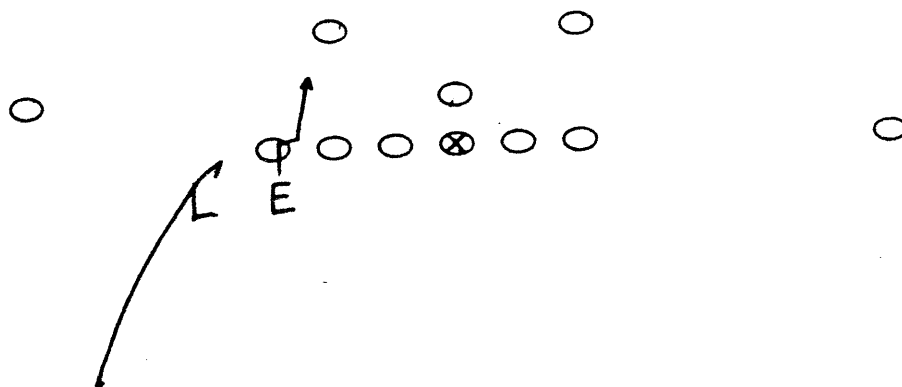
1. Ed lines up inside (6) - Ollie lines up outside (Loose 9)



B. Assignment will be determined by the coverage called, or the stunt indicated.

1. Flop 1 - Ollie plays Cover 1

- Ed plays 6 Technique

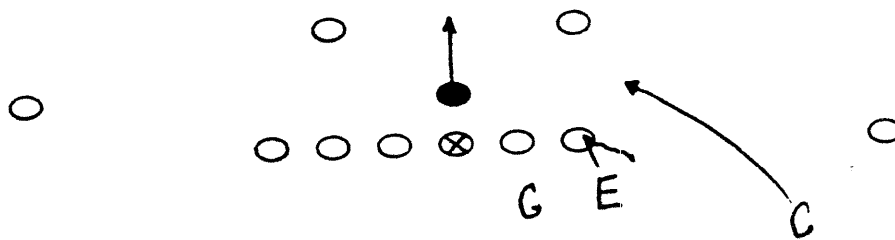


CUSHION TECH - Used by Ed

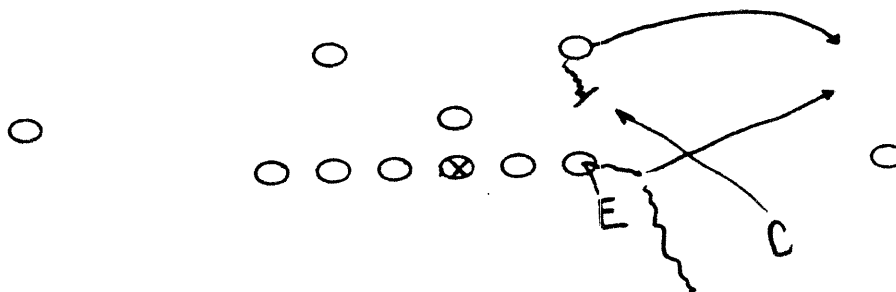
A. Alignment - Normal 5 or 6

B. Movement, Blow, Responsibility

1. Same as 5 or 6 vs. all run actions. C GAP
2. Vs. Pass Actions attack offensive tackle. You must draw his block.

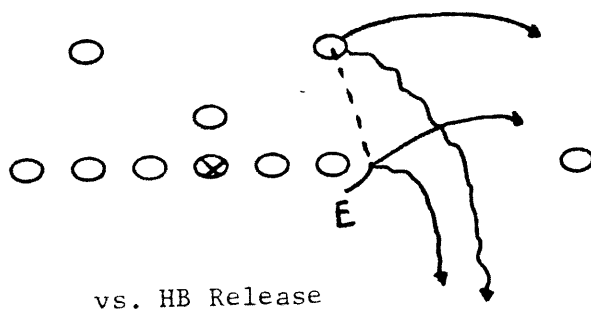


3. As you come off block by tackle, find the nearest back in the backfield and play him man to man. If he stays in, sink to 5 yard depth and look for a crosser.

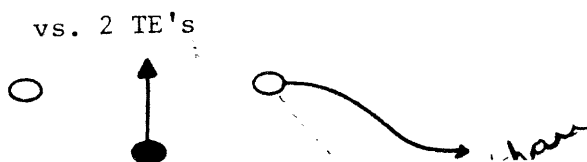
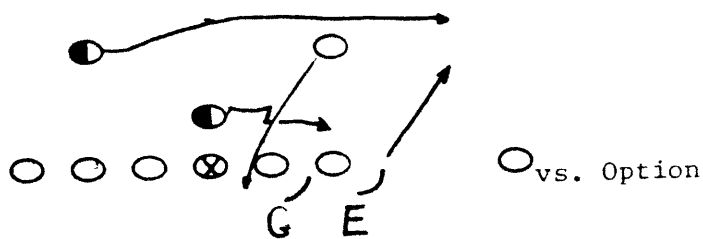
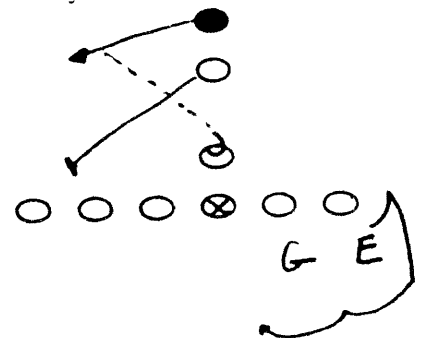


LOOP TECHNIQUE

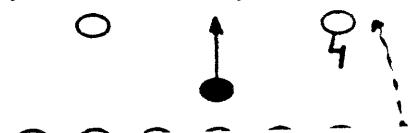
- A. Stance - Same as 5
- B. Alignment - Same as 5
- C. Key Progression - Near back to ball.
- D. Basic Responsibility
 - 1. Flow To - Contain, take pitch on option (may vary if coverage changes)
 - 2. Flow Away - Late fold
 - 3. Pass - Rush pass after loop step. Contain. * May drop in some defenses.
- E. Movement and Blow - On the snap, take a lateral step to the outside with outside foot. Avoid block by OT.



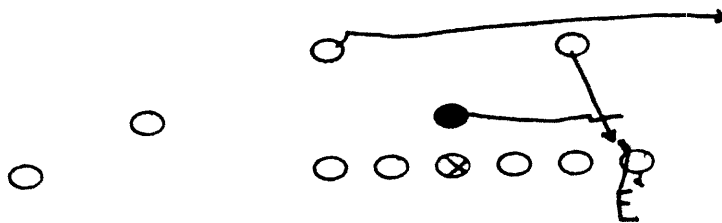
Flow Away



vs. No release by HB

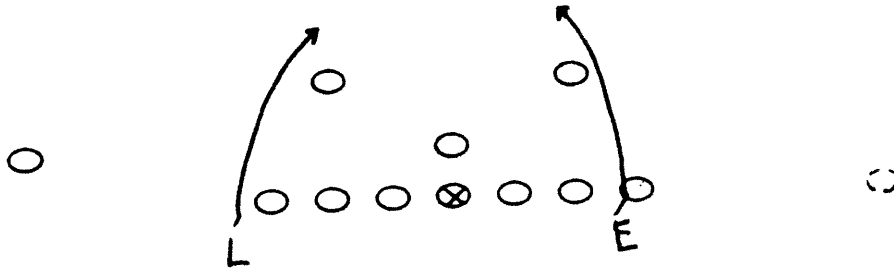


3. NOTE: 6 Alignment vs. TE - Play all rush rules the same except on down block by TE, play 1st threat.



HARD TECHNIQUE

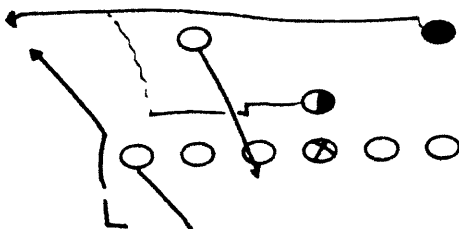
- A. Stance - Same as 9
- B. Alignment - 9 vs. TE, 6 vs. Split End, 6 vs. Eagle side of 2 TEs.



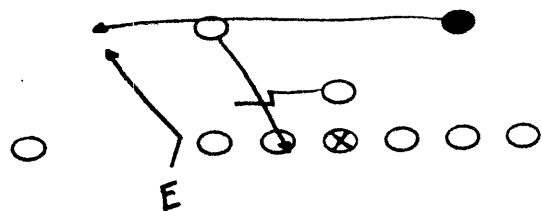
vs. DB Pass

- C. Key - Ball - Step outside and upfield on snap - avoid blocks.
- D. Basic Responsibility - "D" Gap - "Me" call to T
1. Run Reactions - Contain runs to you and play pitch man vs. all options. Trail plays away.
 2. Pass reactions - Contain rush all pass actions. Do not get chopped.

vs. option strong



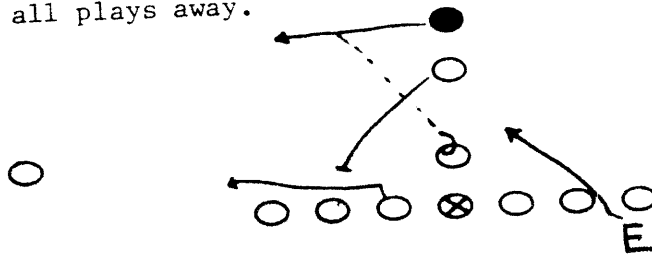
vs. option weak



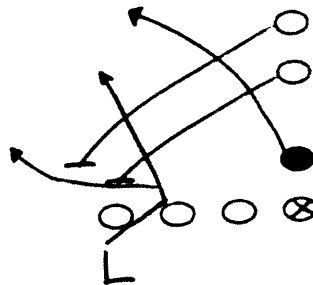
3. Rip under all kickout blocks and destroy plays with your aggressiveness.



4. Chase all plays away.

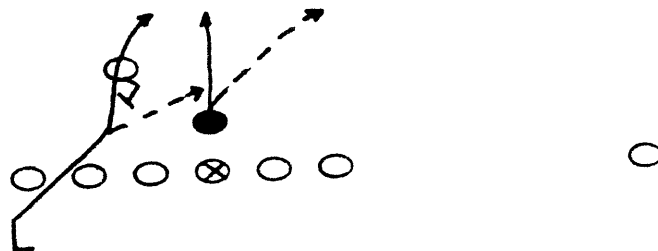


5. Redirect and chase sweeps and sprintouts from the inside out.

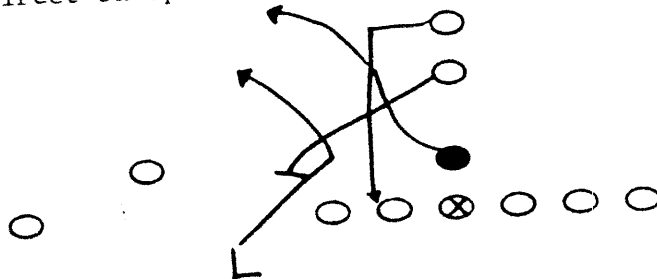


G. Pass Reactions

1. Contain rush all drop back passes and sprint away.



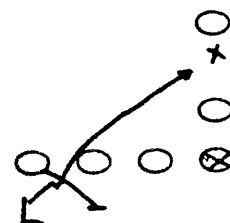
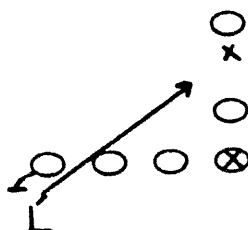
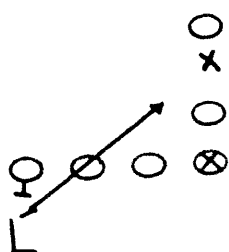
2. Redirect on sprint to you and chase down from inside out.



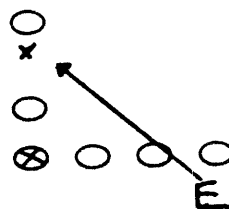
SLANT TECHNIQUE

- A. Stance - Same as 9
- B. Alignment - 9, 5, 8, or 6 Alignment depending on stunt called.
Deepen slightly.
- C. Key Progression - ~~No~~ ^{ball} key, explode on ball movement.
- D. Basic Responsibility - "C" Gap to ball, "B" Gap to ball if 5 slant.
- E. Movement and Blow

1. 9 Slant - Deepen slightly with weight on outside foot. Don't give stunt away! Short 45° step with inside foot. Second step is rip upfield with outside forearm as you bring outside leg through. You must beat TE on base or hook block. Your aim point is one yard in front of fullback position. If TE is blocking down, flatten as you collision and squeeze him. Come tight off of his tail and stay on your course to aim point.



2. 6 Slant - Use same aim point. You must beat down block by TE. Step straight upfield into the "C" gap and rip your outside arm through.

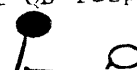
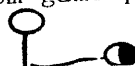
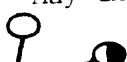


3. 5 Slant - Same aim point except align in 5 Tech. and drive through "B" gap.



F. Run Reactions

1. Vs. all options attack through mesh and tackle the Drive Back. Sell Out.
2. May change responsibility from game plan. You may have QB responsibility.

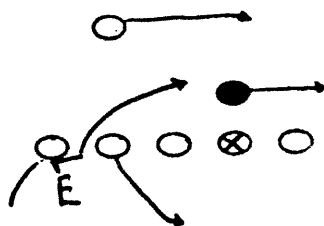


8 TECHNIQUE

- A. Stance - Same as 9
- B. Alignment - Head on TE, vs. no TE play a Ghost 8.
- C. Key Progression
 - 1. TE's head
 - 2. Inside Pressure
 - 3. Near Back
 - 4. Ball
- D. Basic Responsibilities
 - 1. Flow to - "C" Gap, force plays to go deep and wide
 - 2. Flow Away - Chase contain at ball depth. You are responsible for reverses, counters, and deep cutbacks.
 - 3. Pass - Contain rush the passer.
- E. Movement and blow - Jam Technique
- F. Reactions - Run Keys
 - 1. Base block - Same as 6 Technique ("C" Gap)
 - 2. Down block - Same as 6 (Never let TE cross face to the inside)
 - 3. TE Release - Squeeze "B" Gap.
 - a. Tackle Fan - use hard joints and squeeze
 - b. Trap action by Lineman - Squeeze down and 2 Gap if possible
 - c. Kick out by Back - Same as trap except attack back at same angle
 - d. Options - 1st Threat
- F. Reactions - Pass Keys
 - 1. Contain rush the passer.

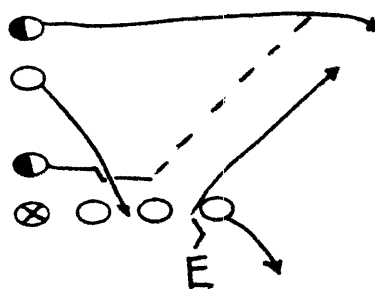
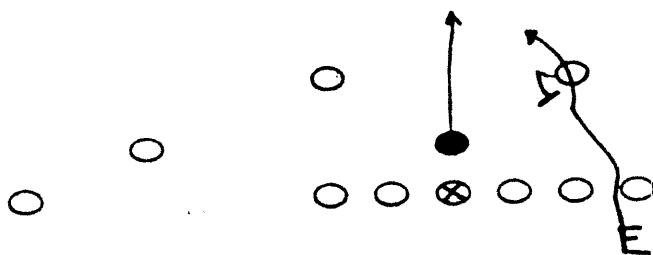


5. Inside Release - Flow Away - Chase Contain

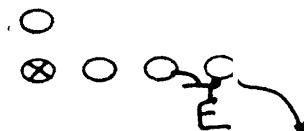


G. Pass Reactions

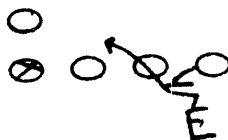
1. Contain rush passer in Cover 1, 2.
2. In Cover 4, if option shows, run to pitch.



3. Tackle Reach - keep square with outside arm free

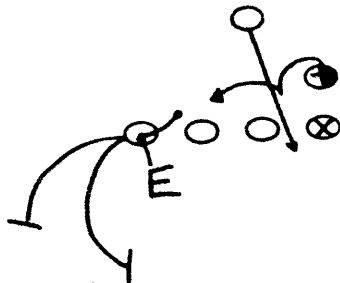


4. TE Cutoff - Rip outside arm through and chase from behind.



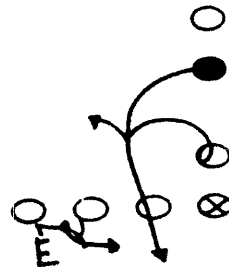
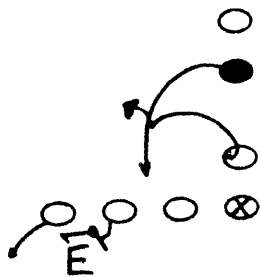
2. TE arcs to corner or scoops to ILB

- a. Don't step too far out. (If he doesn't want you, you don't want him).
- b. Step back at tackle's position as you read your 2nd key.



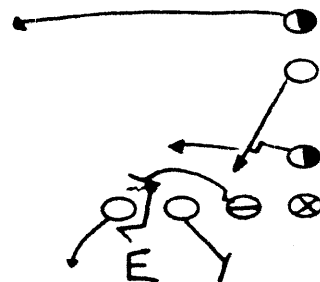
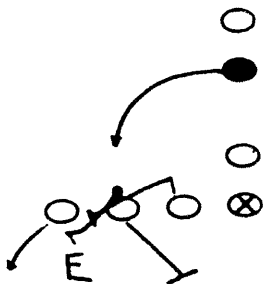
3. OT turns out on you:

- a. Squeeze back into him using hard joints.
- b. Vs. inside play work through him to squeeze "B" gap.
- c. Go cross face to ball once it is on L.O.S. and no chance of bounce out is left to "C" gap.



4. OT blocks down: Look for inside pressure or near back.

- a. Inside pressure or near back kicks out:
 - (1) Squeeze with hard joints and be ready for bounce out.
- b. Inside pressure or near back on log course:
 - (1) Use 2 Gap technique keeping outside arm free. Stay on L.O.S.
- c. Vs. load, attack blocker and take anything which shows in "C" gap.



6 TECHNIQUE

- A. Stance - Same as 9 (may take 3 point stance with outside foot back)
- B. Alignment - Your outside foot splits stance of TE. No TE, same relative position.



C. Key Progression

1. Attack TE
2. OT
3. Inside pressure to near back
4. Ball

D. Basic Responsibilities

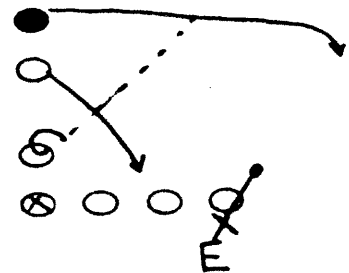
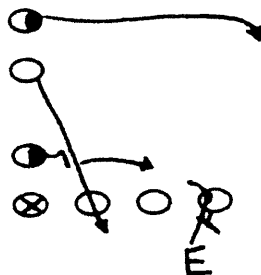
1. Run To - control "C" gap and squeeze "D" gap
2. Run Away - Chase contain
3. Pass - Contain rush passer

E. Movement and Blow

1. Step with outside foot into TE using *hard joints* ~~Jam technique~~, Penetrate to L.O.S.

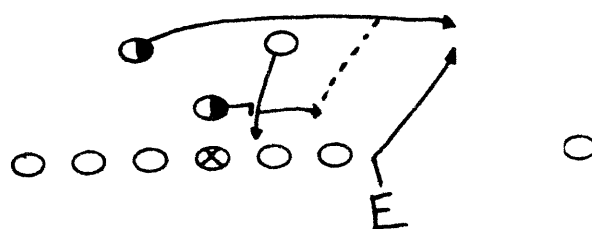
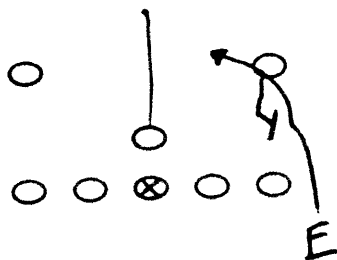
F. Reactions - Run Keys

1. TE blocks down to you
 - a. Destroy his block with hard joints.
 - b. Do not get wiped inside.
 - c. Defeat TE and play first threat to you.
 - d. Vs. sweep work through TE's block at a 45° angle upfield. Defeat TE and make the play from the inside out.

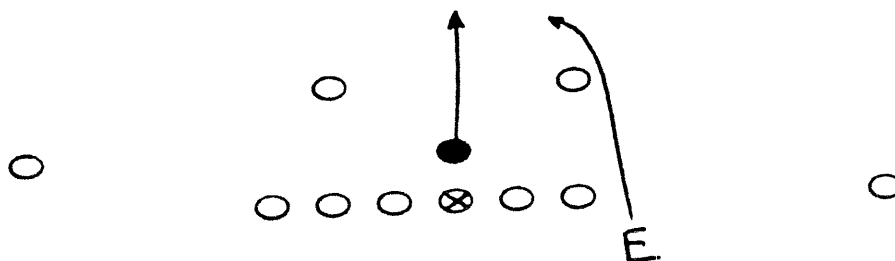


- contain*
2. In Cover 4, widen to get great[^] pass rush. If any option action shows, go right to pitch man. Avoid blockers.

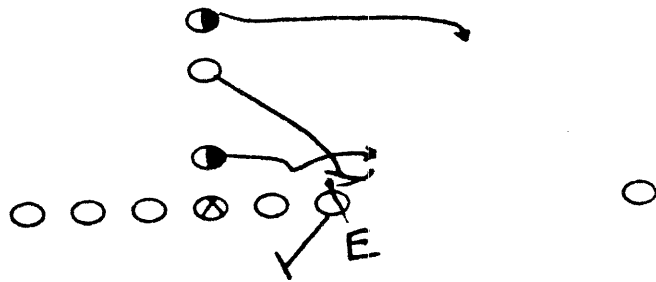
NOTE: COVER 4 --- TAKE PRECEDENCE OVER DOWN BLOCK KEY



Nickle - Wide 5 Alignment
Execute a wide contain pass rush

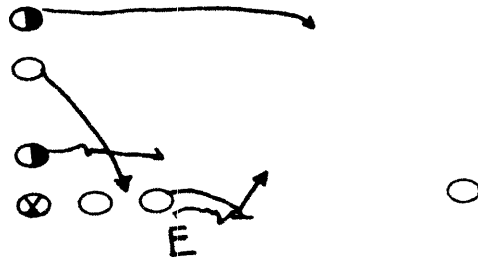


(2) Do not get chopped.



3. Hook Block - Same as 9 Technique: Do not get hooked

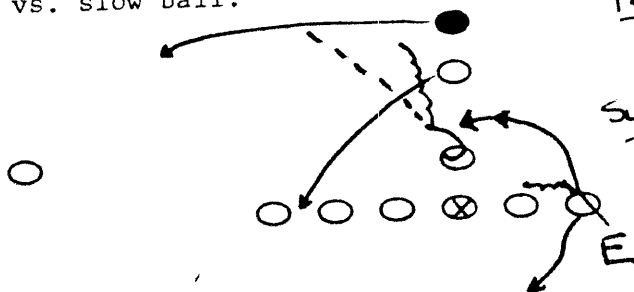
4. Arc Block - Treat as you would a hook.



5. Turn Out - Same as 9 Technique



6. Inside Release - Ball goes away. Chase contain vs. fast ball.
Squeeze and shuffle vs. slow ball.

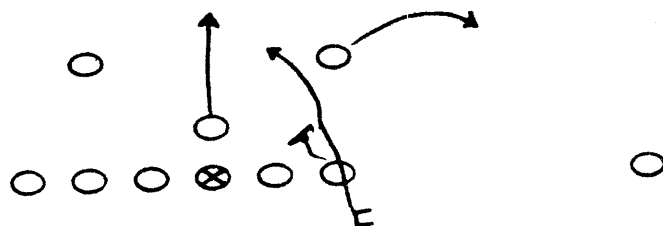


FAST BALL - LOOK
FOR REVERSE

SLOW BALL - SQUEEZE
and stay on line

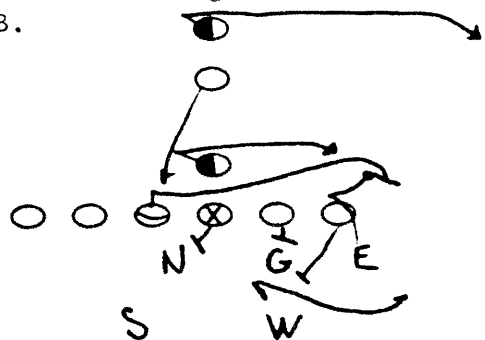
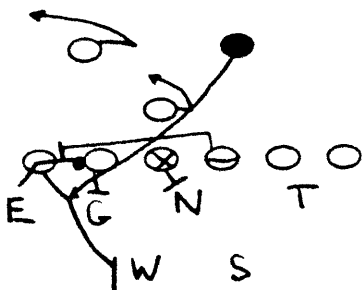
G. Pass Keys

1. Contain rush passer in Cover 1, 2.

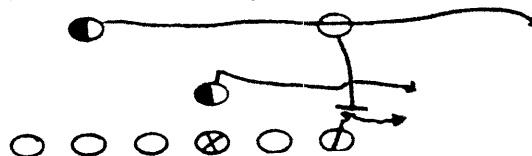


5 TECHNIQUE

- A. Stance - Same as 9
- B. Alignment - Your inside foot splits stance of OT. Note: Varies according to situation.
- C. Key Progression
1. OT's head
 2. Inside pressure
 3. Near back
 4. Ball
- D. Basic Responsibilities
1. Flow to - Squeeze OT
 2. Flow away - chase contain at ball depth. You are responsible for reverses, counters, and deep cutbacks.
 3. Pass - Contain rush passer.
- E. Movement and Blow - Jam Technique
- F. Reactions - Run Keys
1. Base block - Same as 9 Technique
 2. Down block - Play all 2nd reactions same as 9 technique except:
 - a. Use 2 Gap Tech. vs. all 2nd threats - Inside Control.
 - b. Trap action by backside guard. React inside after down block and read guard's course.
 - (1) On kick out, attack inside shoulder of guard and get head in the hole. Make the play on the FB.
 - (2) On trap option course, attack guard inside out through his inside shoulder and usher QB outside to eagle backer.
- NEVER ALLOW QUICK CUT UP BY QB.



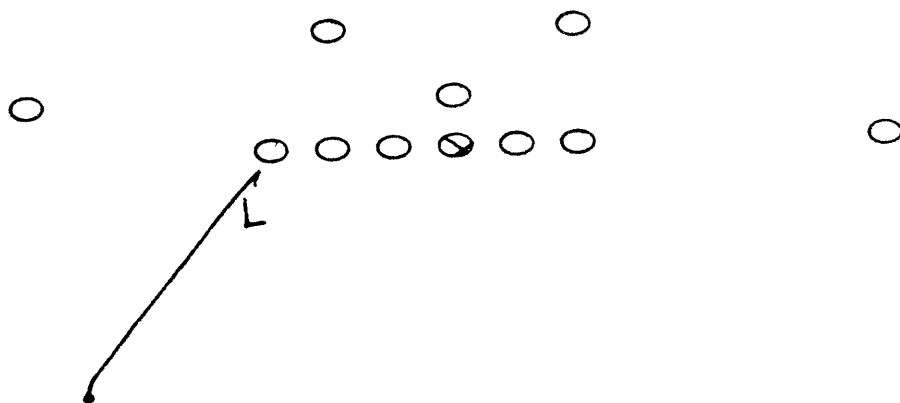
- c. Load by near back
- (1) Attack load blocker in "C" gap. Give ground if necessary. Make play on 1st threat once you have beaten load.



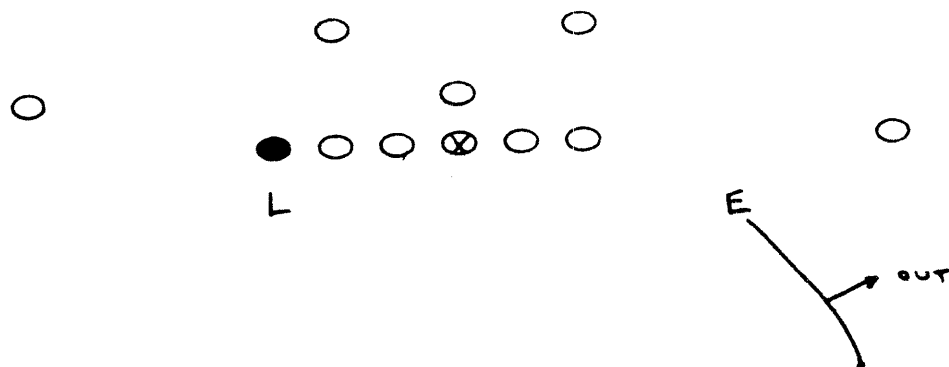
9. Cover 3 & Sky

- a. Ollie - Same as Cover 1 except you will never run with #2 flat. Stay in your curl drop and react to balls thrown to the flat.
- b. Ed - Same as purple drop (numbers) if no threat in flat look for crosser.

(1) Strong 3



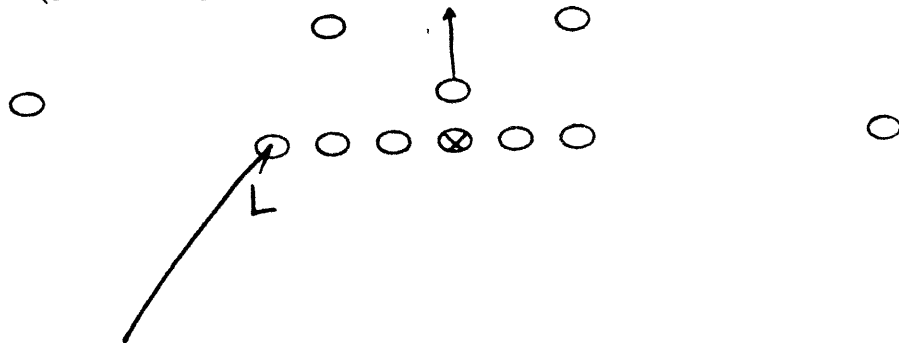
(2) Wild Sky



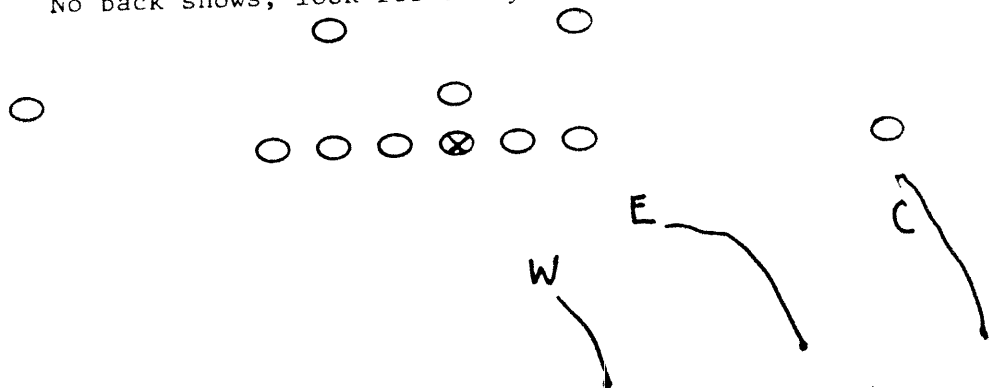
8. Cover 51 or 52

- a. Both outside linebackers are 9 Techniques and will drop on passing actions.

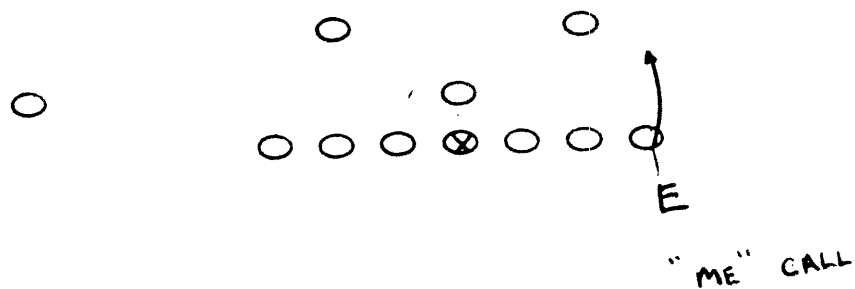
- (1) Ollie to Okie call plays Cover 1 or Cover 2
(Second digit of call)



- (2) Ed plays an In-Between Drop.
Split the difference between your corner and your Will
linebacker and get 6 yards of depth. Break on ball.
No back shows, look for delay or crosser.



- (3) Vs. Tight End only to sideline:
Ed play regular run responsibilities
Vs. pass, Ed take a free rush to QB

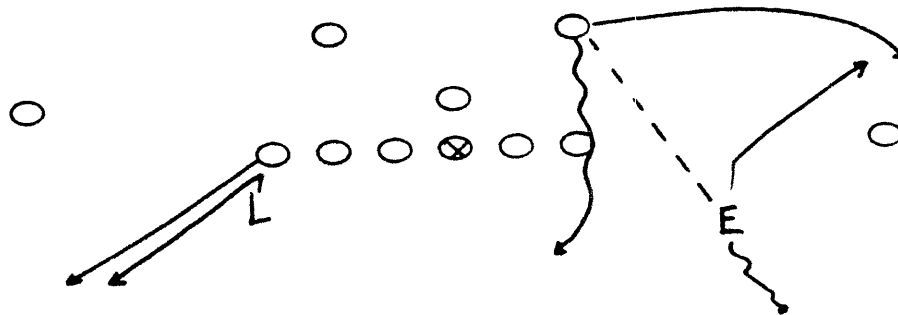


7. Cover 50 Special Man

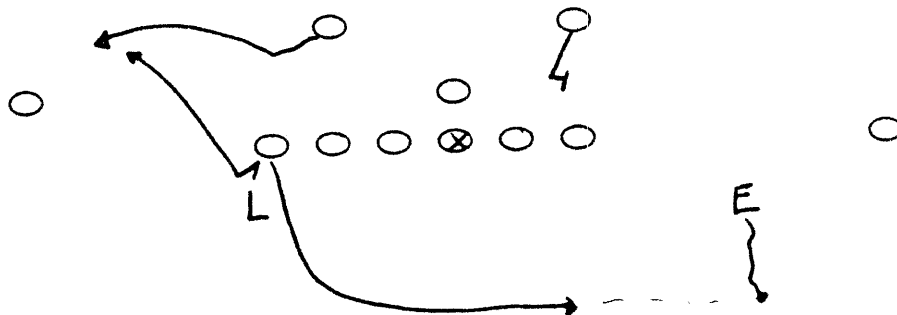
- a. Play regular 9 Technique vs. all runs.
- b. Vs. pass actions you will play a Banjo call with the inside linebacker to your side.

(1) Key the TE for your responsibility:

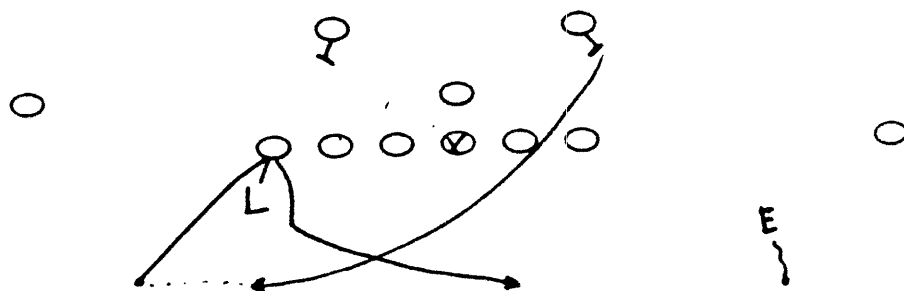
- (a) If he takes an outside release, play him man to man.



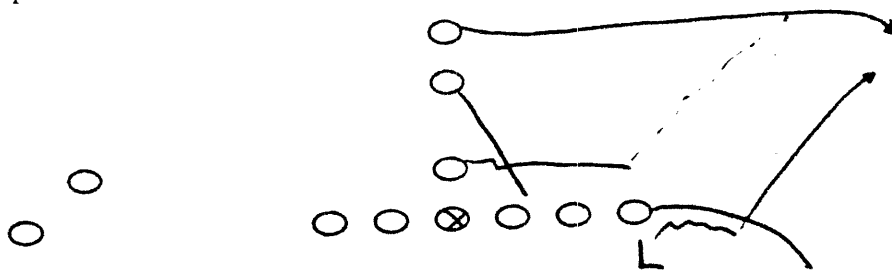
- (b) If he takes an inside release, look for back coming out of the backfield and play him man to man.



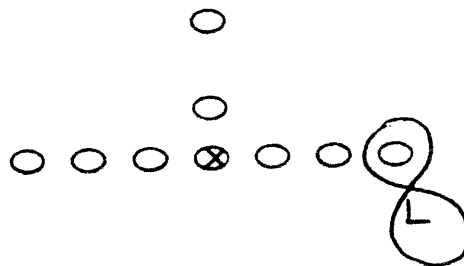
- (c) If no back shows get 5 by 5 and look for a crosser.



b. Go to pitch vs. arc option

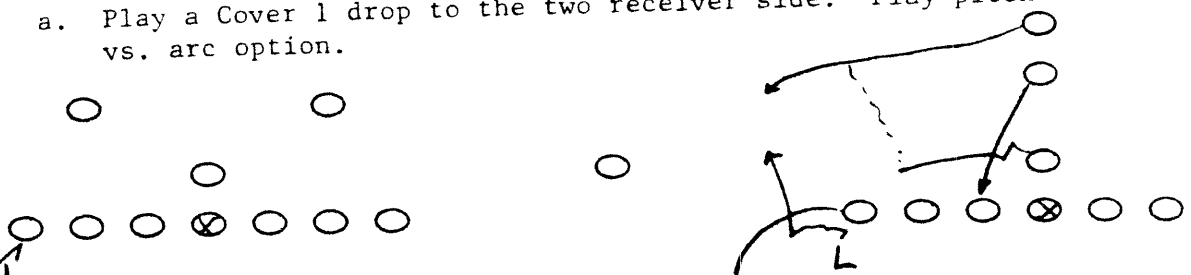


c. Play TE man to man vs. trips.

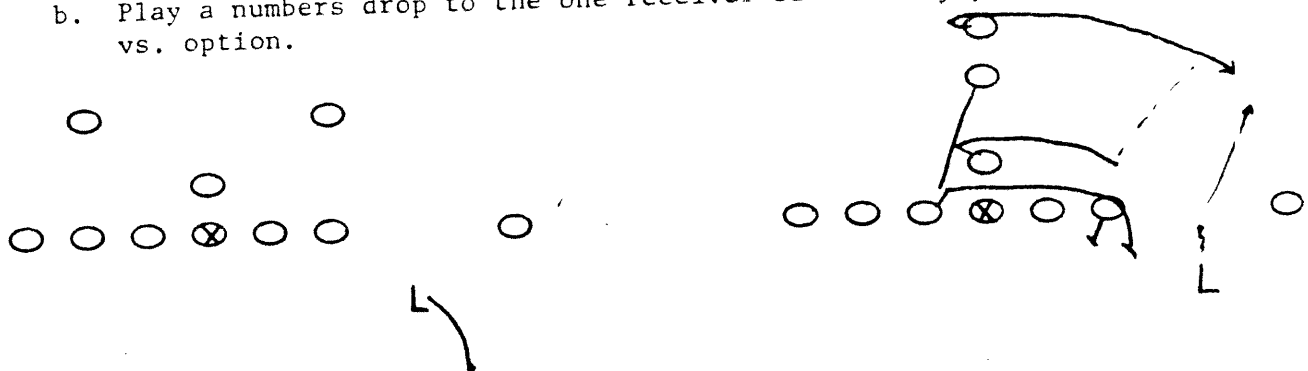


6. Cover 70

a. Play a Cover 1 drop to the two receiver side. Play pitch vs. arc option.



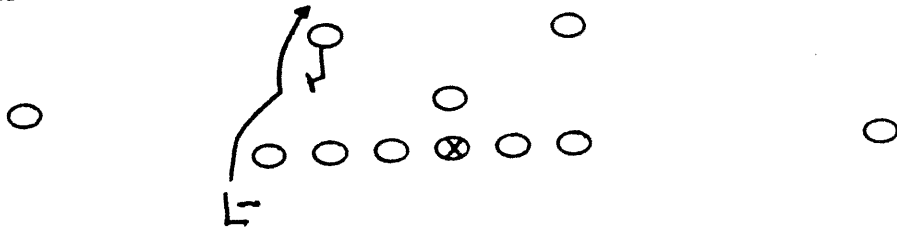
b. Play a numbers drop to the one receiver side. Play pitch vs. option.



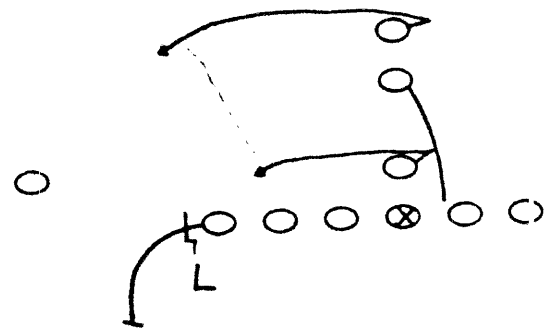
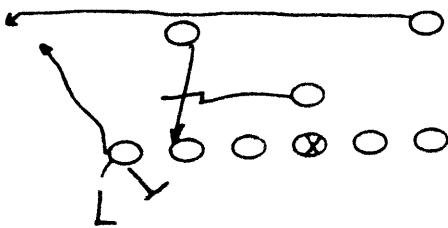
c. ~~cover~~ play very aggressively on 2nd threats.

4. Cover 4 (9 Hard Technique)

- a. Widen alignment and rush the passer. Contain as you go. Give your tackle a "Me" call. Avoid blocks.

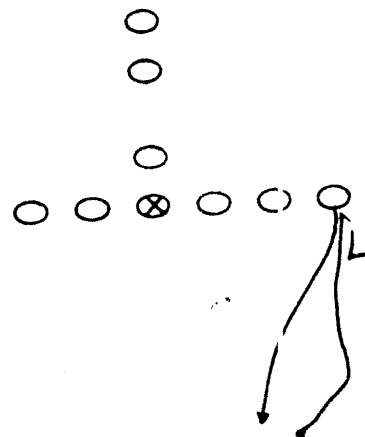
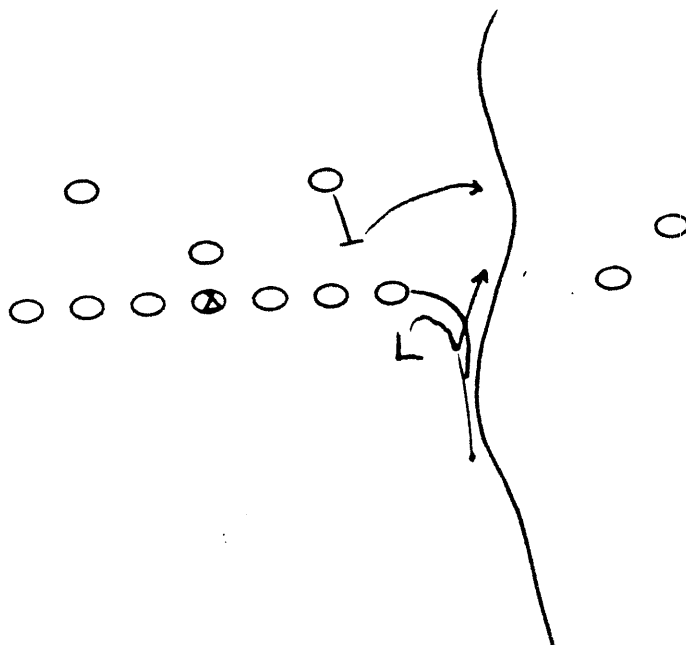


- b. Go to pitch vs. all options.



5. Cover 6 (Always vs. a tight end weak)

- a. Swarm receiver outside in if he arc releases and take a numbers drop. Be aware of all 2nd threats. Squeeze toward middle if no 2nd threats show up and TE takes an inside or upfield release.

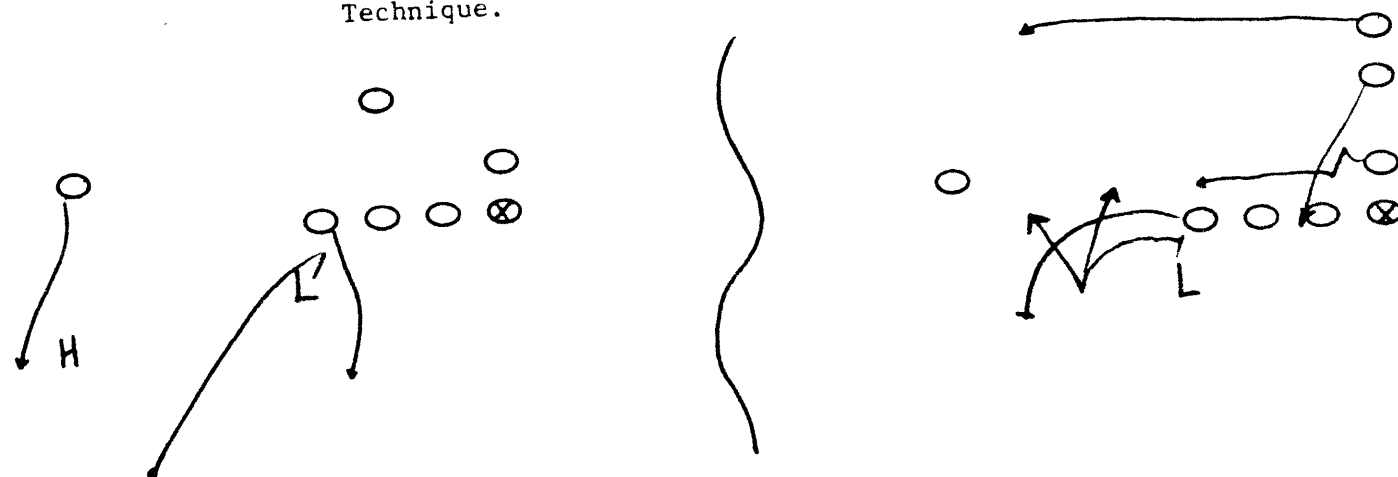


3. Cover Purple

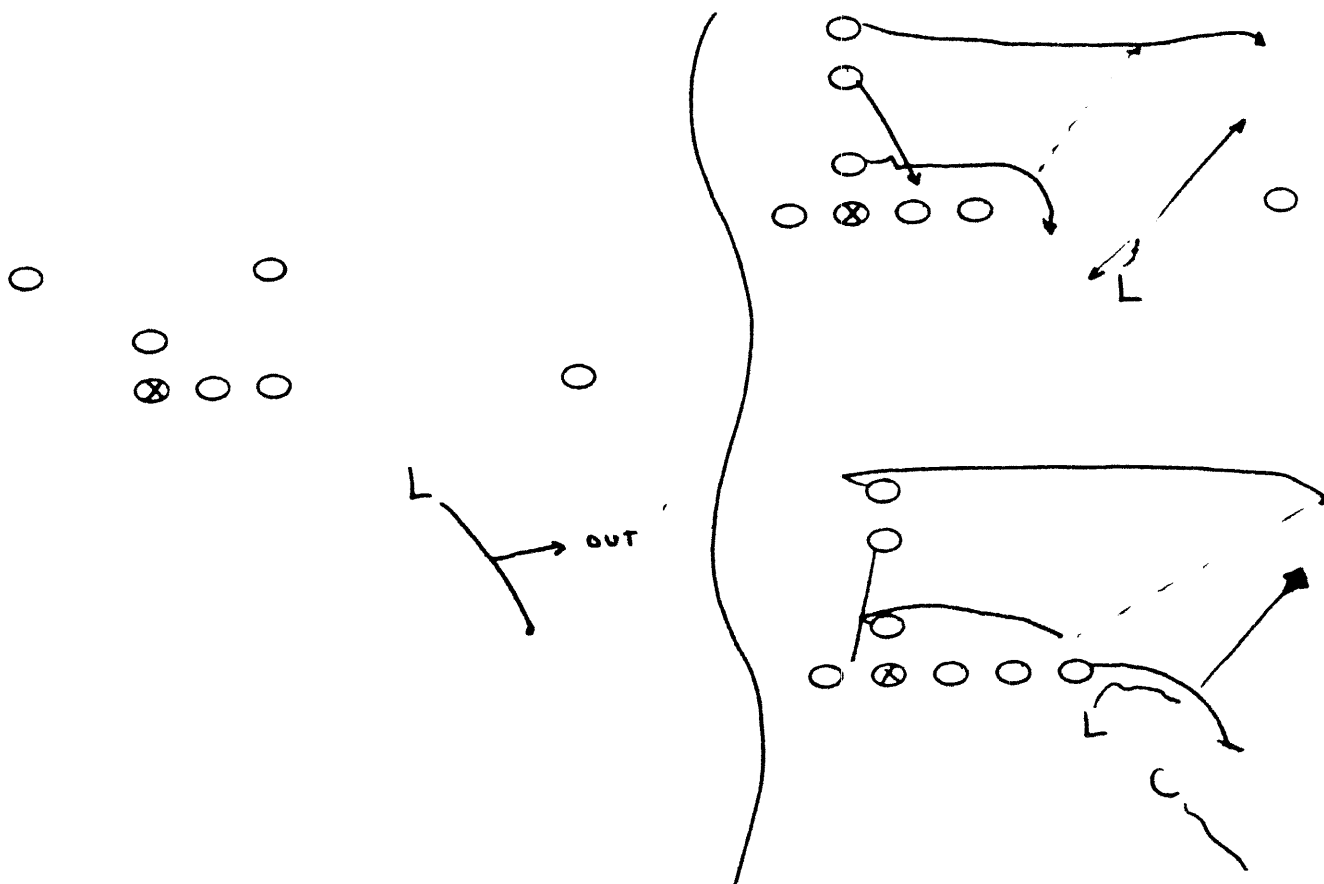
Red-Rotation Right

Blue-Rotation Left

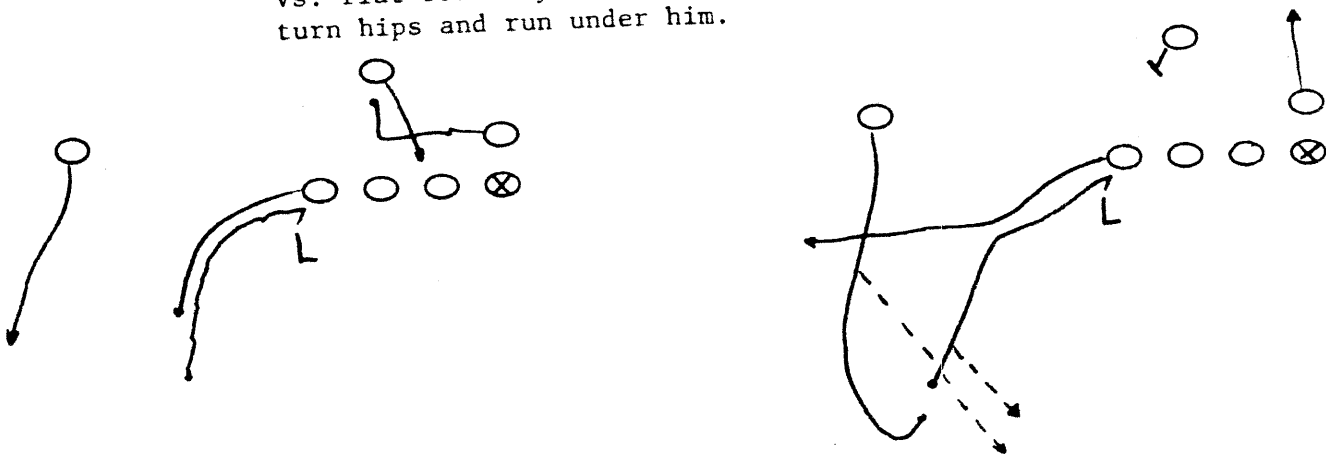
- a. If you are on the side of the rotation call, your drop vs. the pass will be to the curl area. Play as you would in Cover 2 Vs. Arc option by the TE, short swarm and play Top-of-the-Hill Technique.



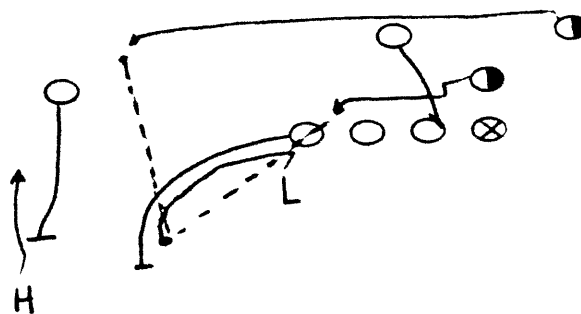
- b. If you are away from the rotation call, you should align in a walk position and take a numbers drop. Play the pitch vs. all options to split end, or vs. arc option by the TE.



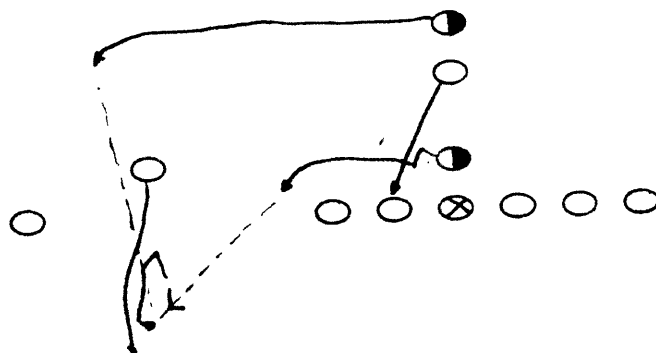
- c. On any arc or outside release, swarm and take away pop pass. Vs. flat route by TE, drop to curl. Vs. post by flanker, turn hips and run under him.



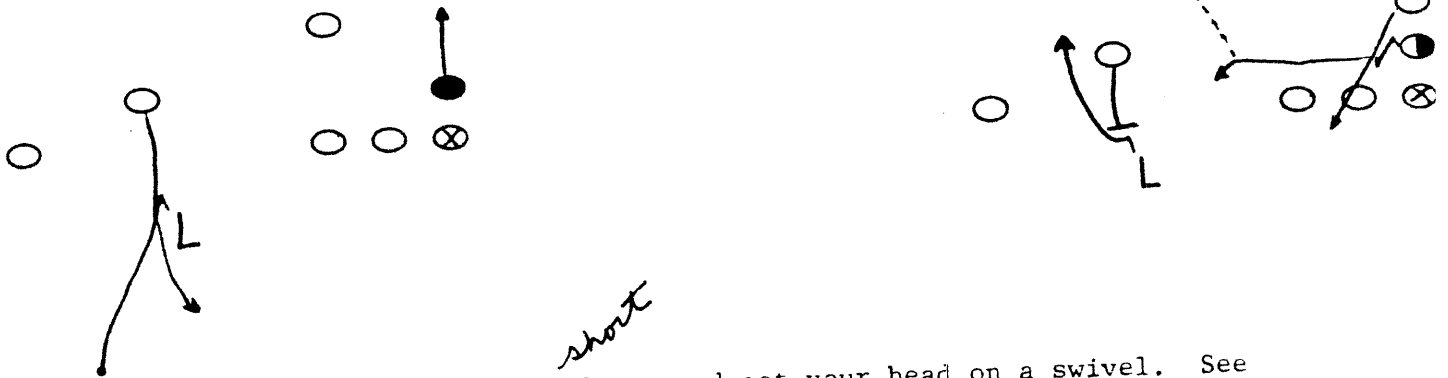
- d. TE arc blocks - Swarm TE forcing him wide and deep. FORCE HIM to your curl zone. Once you have read option with ball on L.O.S., release swarm and play QB to pitch with Top-of-the-Hill technique.



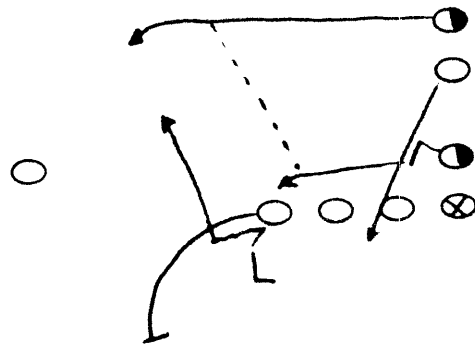
- e. Vs. over formation - play walk alignment on second receiver and execute your swarm from there. Play Top-of-the-Hill option.



- c. Vs. over formation align in wide position on inside shoulder of second receiver and play your swarm from there. Play pitch vs. option.

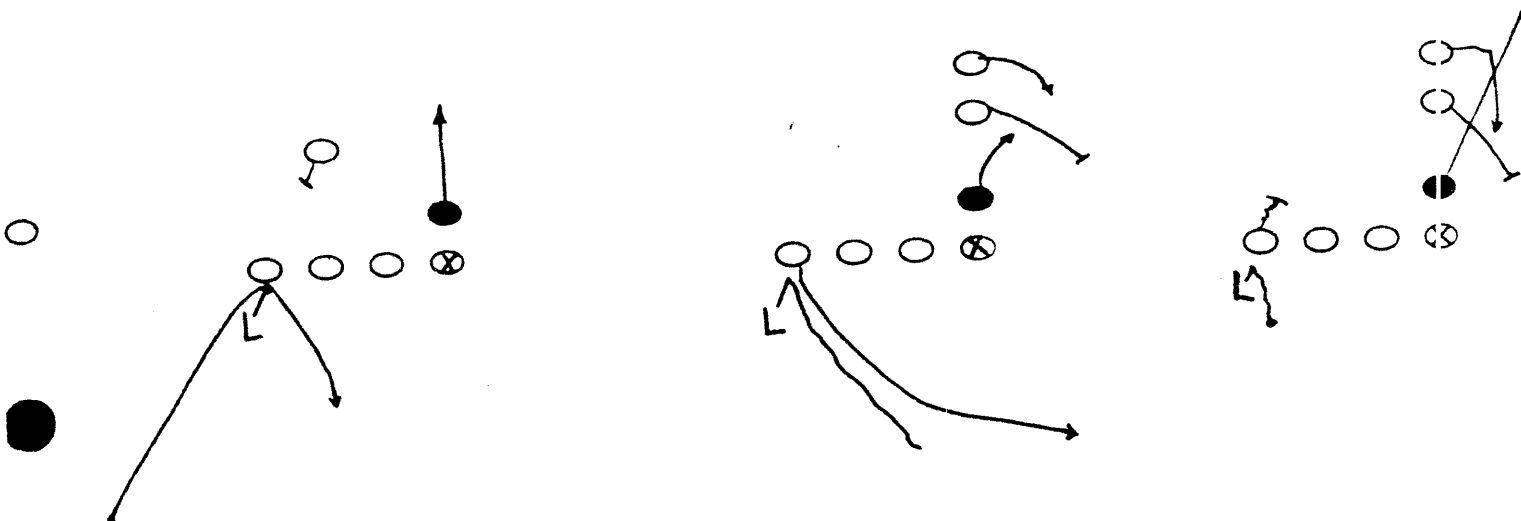


- d. TE arc blocks - Swarm and get your head on a swivel. See option action early, release swarm and run to pitch.



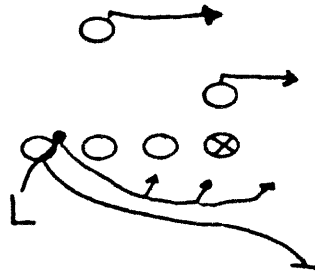
2. Cover 2

- TE takes inside release with drop back or action to: Come to attack point after squeezing him tough. When you recognize pass, turn hips and sprint to curl land mark.
- TE inside release with sprint action away. Turn hips to ball, take straight drop and react to QB from 8 to 10 yards. If TE sets up to block, hang one to 3 yards off L.O.S. and be ready for delay or screen to TE.



6. Inside Release

- Squeeze and come to attack point, *check reverse, counter, cutback*
- Once flow away has been determined, use fold technique.
- See difference between inside release and down block.

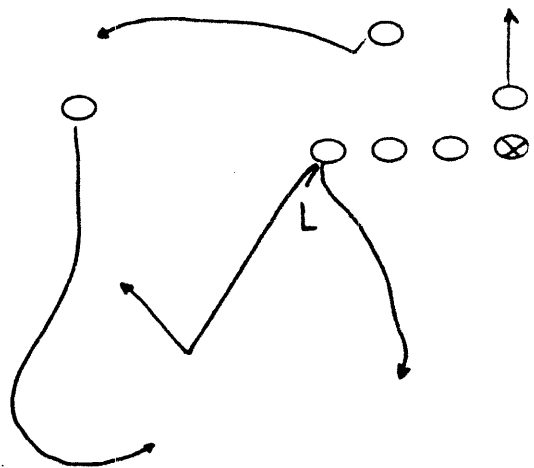
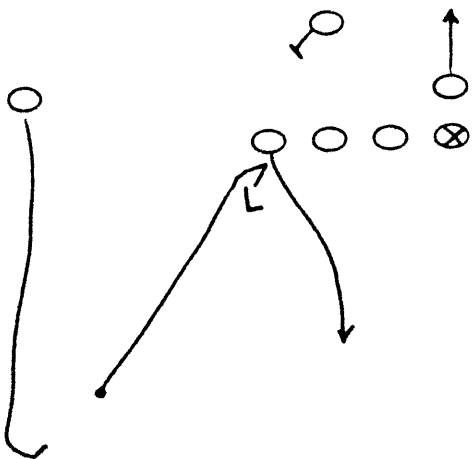


G. Pass Reactions - Option Reactions -- 9 Technique

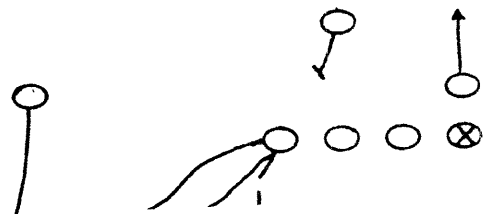
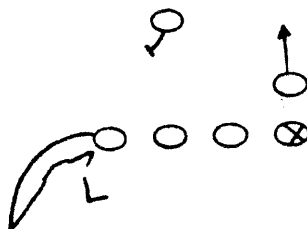
1. Cover 1

- Vs. inside release by TE or Slot.
 - Squeeze TE to prevent easy release and come to attack point.
 - Once ball is determined off L.O.S., turn hips and sprint for curl drop with head on swivel.
 - If #3 flares, hang in curl until QB's shoulders turn to flare. Break up on flare and make tackle.
 - Listen for "curl" call by halfback.

curl drop
 4 yds inside
 wide rec: 12-
 14 yds deep.

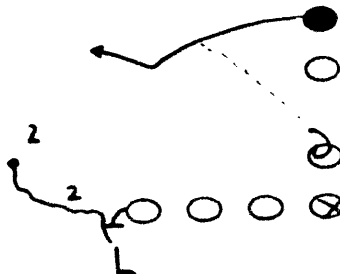


- Vs. Arc *short* - Swarm TE and execute same drop as with inside release. Level if TE goes to flat and play him man to man.



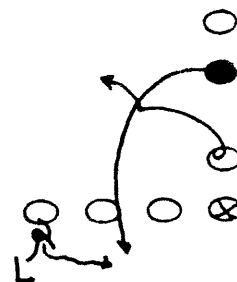
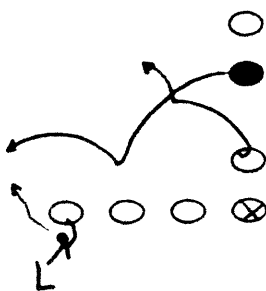
3. Hook Block

- Get your hands under TE's pads and gain control as you react to his head outside. Mirror step and attack.
- Keep your outside arm and leg free as you work upfield at a 45° angle. Get to 2 by 2 yards.
- Turn TE's shoulders to the side line while keeping leverage on the ball. Force from outside in.
- Lock out outside arm. Turn TE shoulders parallel to sideline.



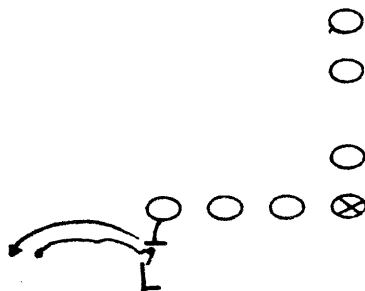
4. Turn out

- Attack and squeeze "C" gap with shoulders square.
- Be ready for bounce out.
- Shed and make play inside only when ball is on L.O.S.

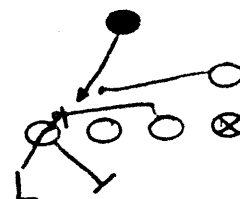
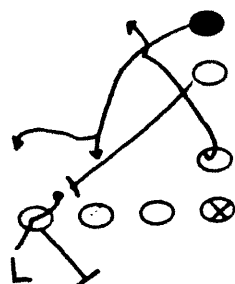


5. Slam Release

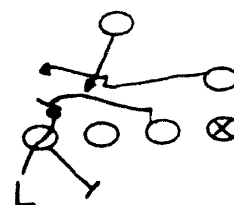
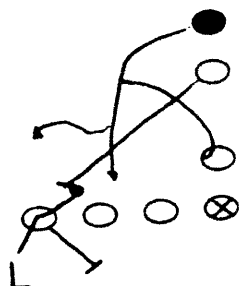
- If slam TE arcs treat as arc block and play arc responsibilities.



- c. Inside pressure or near back kick out block, use hard joints technique if no immediate secondary support. Squeeze and be ready for bounce out. KEY HEAD. Attack blocker. Force Bounce.

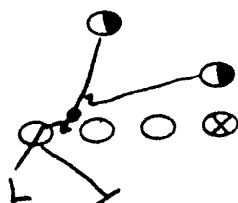


- d. Inside pressure or near back logs or if immediate secondary support - work square from inside shoulder through outside shoulder. 2 Gap Tech. work through inside shoulder to ball. KEY HEAD. Use hands or forearm. Attack blocker. Force Bounce.

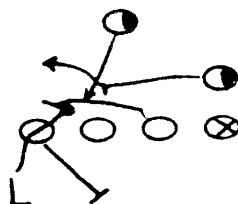


Options

- e. Tackle dive back vs. 36-37 as you attack mesh point



- f. Attack through G to (Dive) vs. 36 & 37. Force QB to belly wide if he keeps.



D. Basic Responsibilities

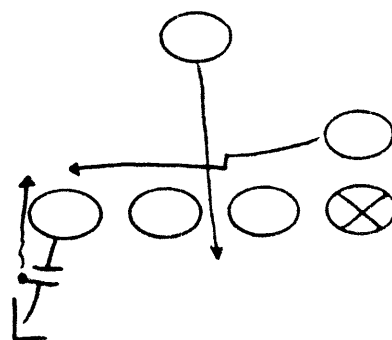
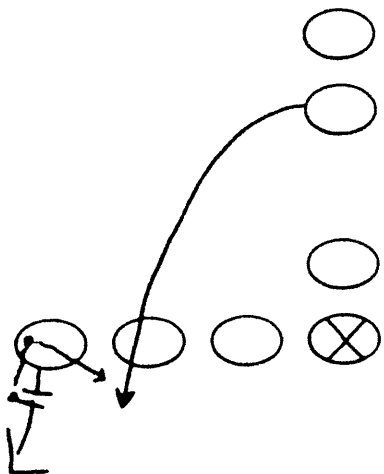
1. Flow to "D" gap. Contain all outside actions and squeeze all inside actions. NEVER GET HOOKED.
2. Flow away - Flow to "B" gap. Pursue keeping deep cutback lane closed off.
3. Pass - You may rush the passer and contain or you may swarm, depending on coverage called.

E. Movement & Blow - Jam Technique

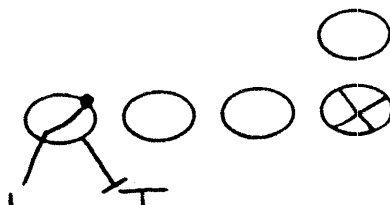
1. Attack TE with short step. Mirror TE head, jam heels of hands under his chest plates. Keep hands fairly close together.
2. Look the LICK IN.
3. Follow through with a shuffle with your opposite foot.
4. Keep shoulders square.
5. You must keep your outside leg and pad free.
6. No TE or slot, look for second key.

F. Reactions - Run Key

1. Base Block
 - a. Strike and gain control by driving feet, locking arms, and replacing his feet with yours. Keep outside leg free.
 - b. Shed TE to inside, contain and squeeze all runs.
 - c. Shoulders square.
 - d. First treat on all options.
 - e. Pad under pad.



2. Down Block
 - a. Jam TE but penetrate upfield to attack point.
 - b. Come to attack point and look to inside pressure or near back.



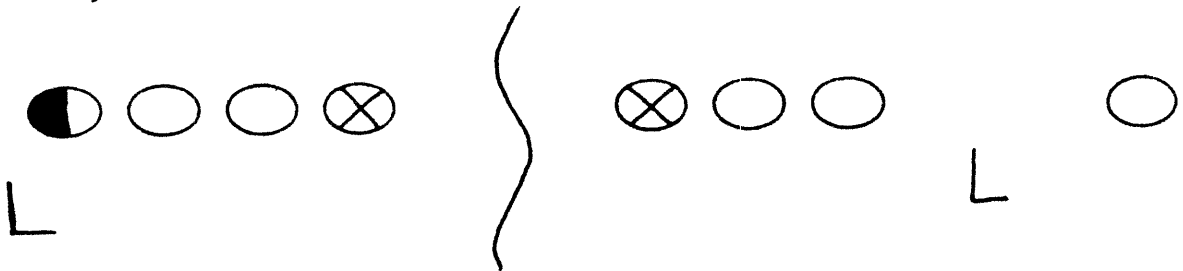
9 TECHNIQUE

A. Stance

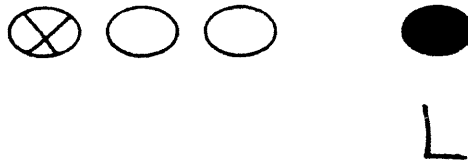
1. Two point stance, feet parallel, weight on outside foot, knees flexed, back straight, breakdown to eye level with tight end.
2. Hands close to body, cocked and ready to strike.

B. Alignment

1. Your inside foot splits stance of TE. (May widen to keep outside control)
2. With no TE, align approximately $1\frac{1}{2}$ yards from your tackle. (May vary with coverage)

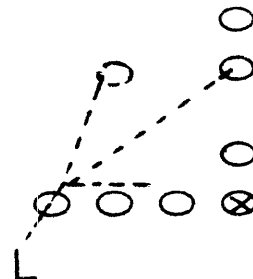


3. If split end is split 2 to 5 yards, align in an 8 alignment. (Nose to nose)

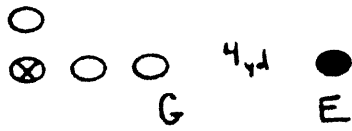


C. Key Progression

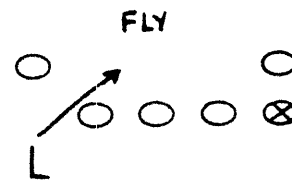
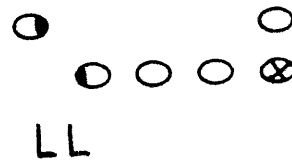
1. Tight End's Head
2. Inside Pressure
3. Near back
4. Ball on or off L.O.S. if in coverage



Vs. Nasty Split

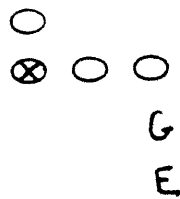


Vs. Wing

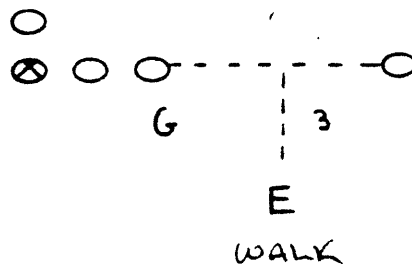
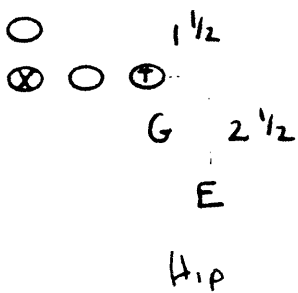
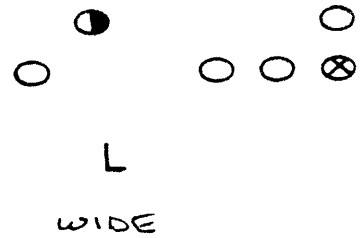
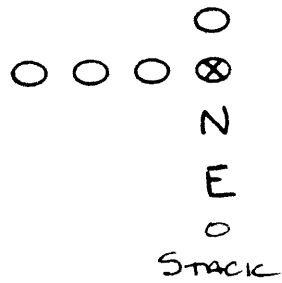
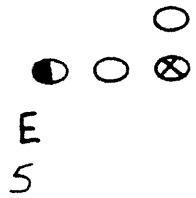
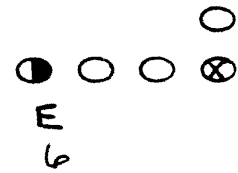
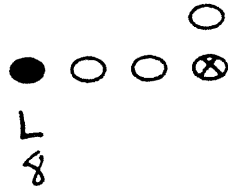
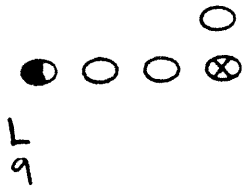


3 Point stance turned in

Stack Alignment



OUTSIDE LB ALIGNMENTS



15. SWARM Aggressive technique by which a 9 technique linebacker harasses receiver to force him wide and deep as line-backer drops to coverage or runs to pitch.
16. LOCK Designates Ed will play man to man on Near Back.
17. TOP OF THE HILL Technique used by outside backer to cover pop pass, or, once he reads option, plays the QB keep or the pitch back from his position after swarm.
18. NUMBERS Position Ollie works for when he has flat responsibility in Cover 7 and Purple. Position Ed works for in Wild 3. Approximately 12 yards deep and 6 yards from sideline.
19. ME Call made to your tackle telling him that you will contain the play with an outside rush.
20. 2 GAP Technique used to play overthrow blocks, reach blocks and 2nd threats after down blocks if coverage support permits. Play center of blocker with the ability to come inside or outside once runner has committed himself. Primary responsibility is determined by your initial alignment and technique.

TERMS FOR OUTSIDE LINEBACKERS

1. ARC Three step outside release by Tight End or slot who attempts to catch pop pass or to block pitch responsibility on option.
2. CHASE CONTAIN Chase the play from the backside at no more than ball depth. Responsible for reverses, counters, deep cutbacks.
3. CONTAIN Positioning of a defensive man so that the ball carrier can never turn outside and up the sideline. Never over contain by leaving a void to the inside.
4. SQUEEZE Tighten the gap to your inside by forcing a man blocking you or inside into the gap.
5. CURL Pass zone approximately 10-12 yards deep and 4 yards inside wide receiver's alignment. Will be hash mark for initial aim point.
6. FOLD Action of outside backer from 9 technique when he has flow away. He drops off line of scrimmage to protect cutback in "C" gap and then pursues. (Keep leverage)
7. FLOW Direction of ball.
8. KEY Offensive maneuvers which tip off defense as to ball action and type of play being run.
9. HARD JOINTS A technique used to attack a kick out blocker. Shoulder, forearm, knee all in same plane used to squeeze. Keep shoulders square to LOS.
10. LEVERAGE Forcing the ball carrier wider and deeper while being in a position to deny the easy cutback.
11. LOG Overthrow course by pulling lineman or back attempting to block you to inside.
12. MESH POINT Point at which QB rides ball to dive back while reading option key for give or keep.
13. ATTACK POINT Point to which outside backer steps after TE or OT down blocks or releases inside. Squeeze blocker but penetrate 1 yard beyond LOS and 1 foot inside original position Attack next key.
14. SHED Getting free of man attempting to block you opposite of your gap responsibility.

OUTSIDE LINEBACKER PLAY

(Ollie - Okie Side) & (Ed - Eagle Side)

The Musts of Outside Linebacker Play

Concentration & Communication at all times.

Attack & destroy blockers & ball carriers. Be aggressive at all times.
Gang tackle and punish ball carriers. Never stay blocked.

Tackle with authority. Tackle through ball carriers. Wrap and grapple.

Study assignments and techniques. Know key progressions and coverages.
Be a complete player.

BASIC ALIGNMENTS:

1. OLLIE - Always on Okie side of defense.
- 2 ED - Always on Eagle side of defense

TECHNIQUES WHICH MUST BE MASTERED

1. 9 Technique
2. 8 Technique
3. 5 Technique
4. 6 Technique
5. Heavy 9 Technique
6. SLANT Technique
7. SWARM Technique
8. HARD Technique
9. LOOP Technique
10. STONE Technique
11. CUSHION Technique

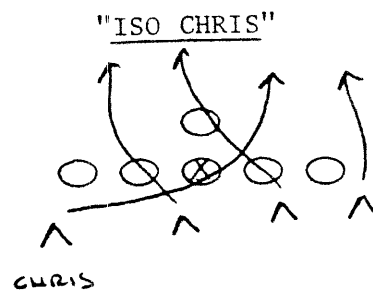
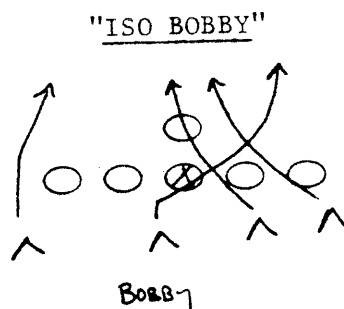
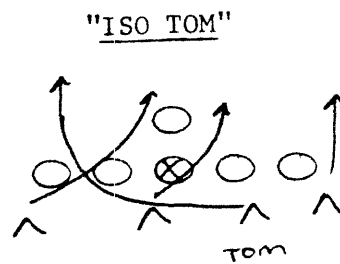
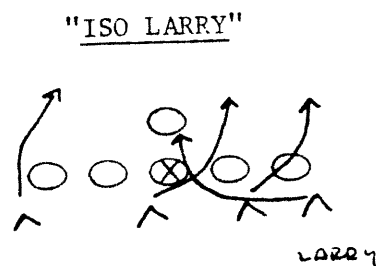
TECHNIQUE

Outside Linebacker

I. ISO GAME TECHNIQUE

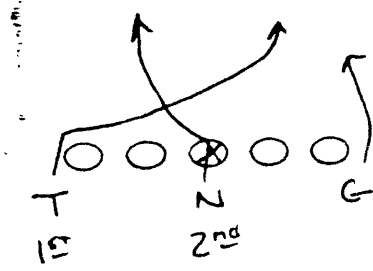
- We are trying to isolate a pass rusher by bringing the next two adjacent pass rushers towards him and bringing the isolated pass rusher behind the adjacent two.
- We will use the name of the pass rusher we are trying to isolate to call the game and the next two adjacent rushers will know to move towards him.

Examples

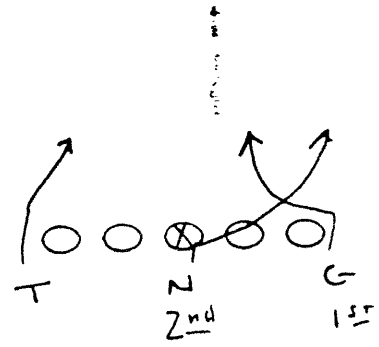


ISO GAMES

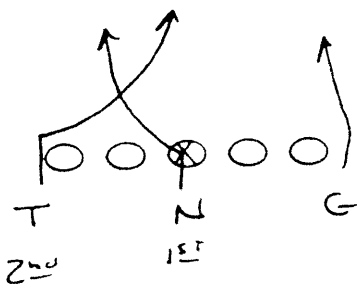
50 GAMES



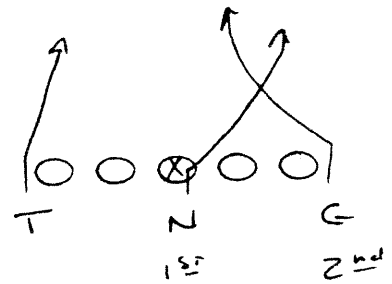
"50"



"30"

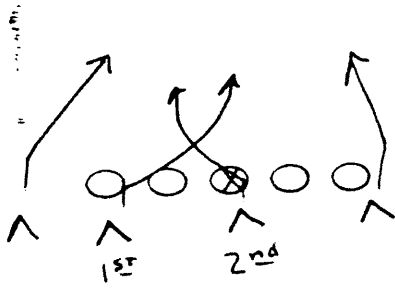


"05"

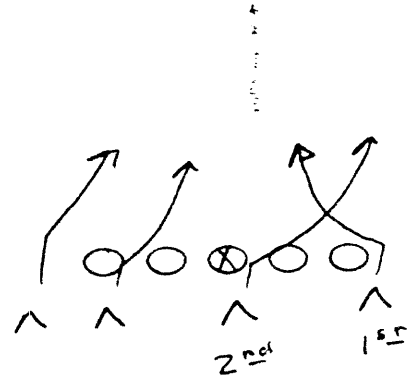


"03"

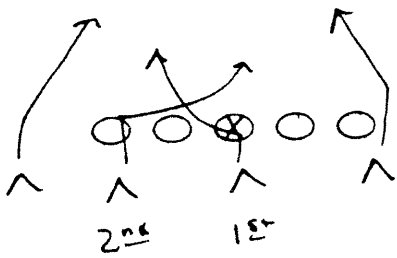
CHARGER & WILD GAMES



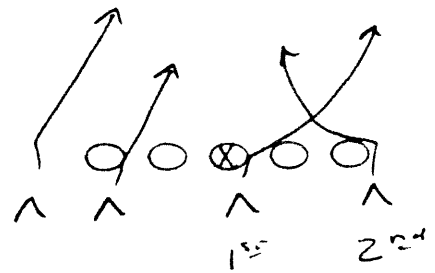
"41"



"51"

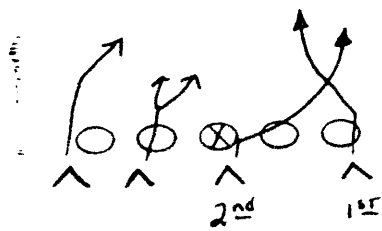


"14"

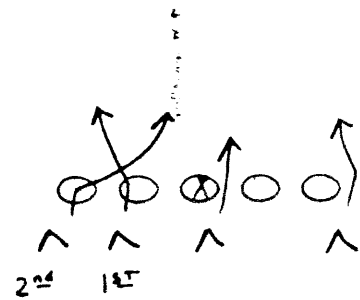


"15"

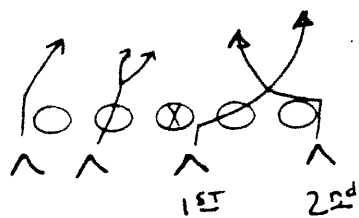
NICKEL & STRONG & FLOP GAMES



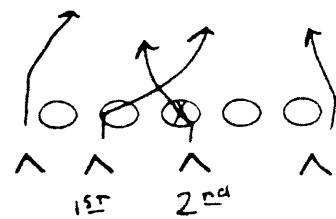
"51"



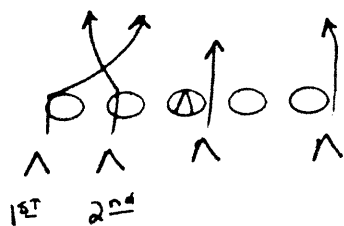
"35"



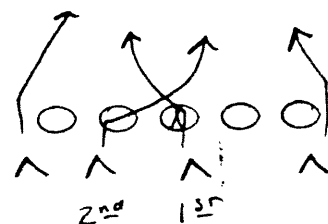
"15"



"31"



"53"



"13"

2 MAN GAMES

add stance -
3 pt sprinter
stance, QB hand
changing down - front
QB up legs.

PASS RUSH PHILOSOPHY

I. General Rule in Pass Rush Situations:

Attack half man on snap of ball with leverage.

II. Pass Rush Progression:

1. Alignment
2. Ball Reaction
3. Base Move
4. Counter Move
5. Change of Pace Move

All of the above will depend on whether you are an inside or outside rusher, and determined by defense.

III. Twist Games:

Will involve a 2 or 3 man exchange of rush lanes working upfield trying to create a seam to the QB. 2 man games will be called by the numbered alignments. 3 man games will be called ISO games and use someone's name and the next two pass rushers.

power, get up field

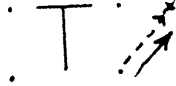
PASS RUSH

TWIST GAMES

SLANT TECHNIQUE

Movement Progression:

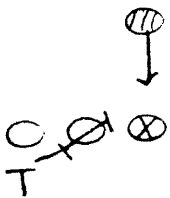
1. Step at 45° angle just outside of down hand.



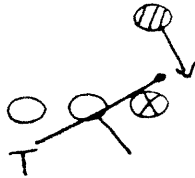
Step and throw backside hand back, turn shoulders and keep numbers over knee. Throw near elbow back to turn shoulders.

2. 2nd Step ----- Step and continue on path keep knee and elbow down thumb up.
3. Read Guard's eyes and numbers if you see them ball is inside attack guard and close to "B" Gap. If guard goes away look down inside and close, cannot get cut off by adjacent lineman. If he pulls outside follow him around.

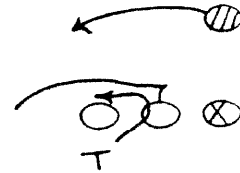
FAN



DOWN



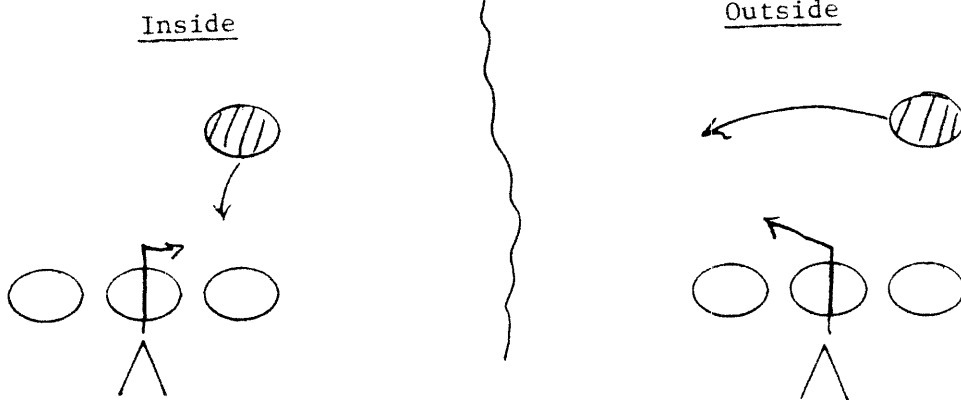
PULL



PUNCH TECHNIQUE

Movement Progression:

1. Attack Step with either foot and explode in offensive blocker. Accelerate feet.
2. Work for penetration and locate ball. ILB will take opposite gap.
3. Penetrate no deeper than heels depth.

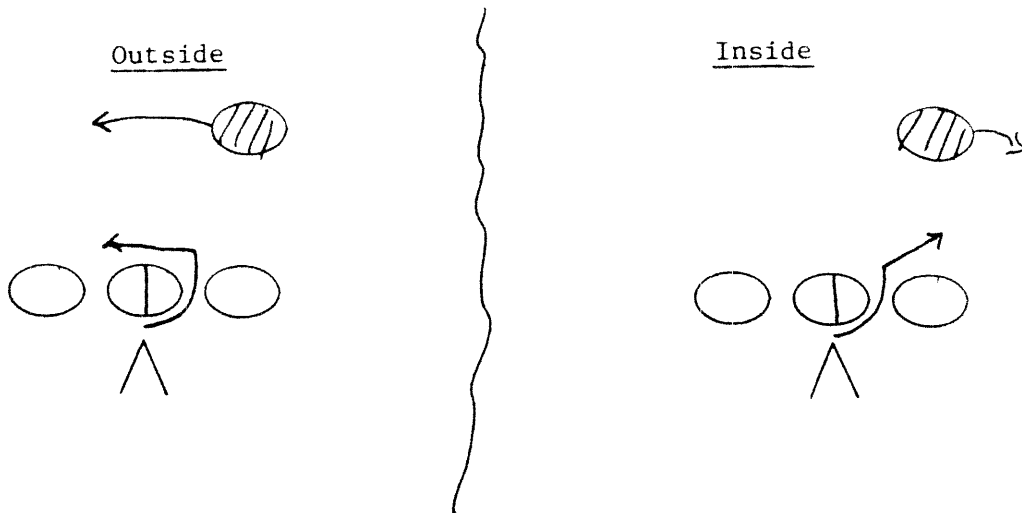


ANGLE TECHNIQUE

lead up

Movement Progression:

1. A 45° step with foot into gap opposite the one of regular responsibility determined by defense.
2. Everything else is the same as "GO".

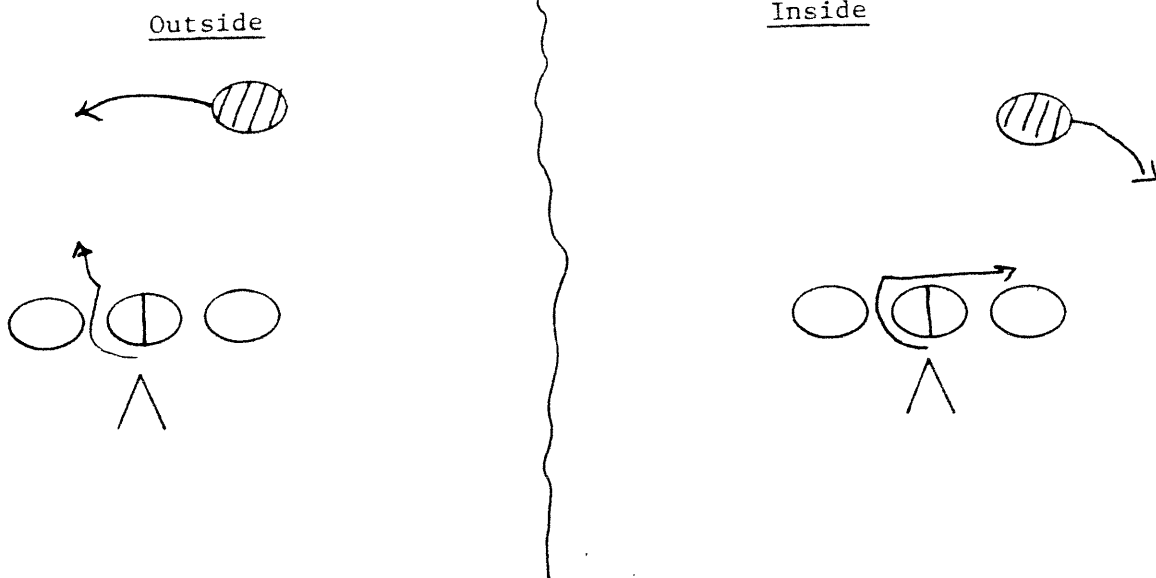


GO TECHNIQUE

lead rip

Movement Progression:

1. A 45° step with foot into gap of regular responsibility determined by defense.
2. Immediately rip opposite side arm under and through as that leg comes through into gap.
3. The third step will be upfield and into L.O.S. with shoulders square. Penetrate to heels depth.
4. See backfield action and make play. Redirect flat down line on plays away



GAPS TECHNIQUE

*step + push
club + rip*

Technique:

All

Stance:

4 Point, weight on foot opposite the direction you are going to.

Alignment:

Crowd the ball, align head up.

Key:

Ball

Movements:

4 different types of movements giving the defensive lineman a 3 way route (1) outside, (2) inside, (3) straight ahead.

ROUTES

GO - Taking your assigned gap determined by defensive call.

ANGLE - Taking your gap opposite your assigned one determined by defensive call.

PUNCH - Straight ahead charge, knocking offensive lineman back.

SLANT - Primarily used for 5 Tech. inside movement turning shoulders, coming down hard reacting to guard blocks.

NOSE

Technique:

3

Stance:

4 Point

Alignment:

Crowd ball with nose splitting outside shoulder pad of offensive guard.

Key:

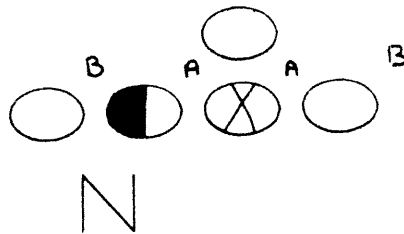
Guards head

Movement and Blow:

1. Jam Technique
2. Flipper Technique

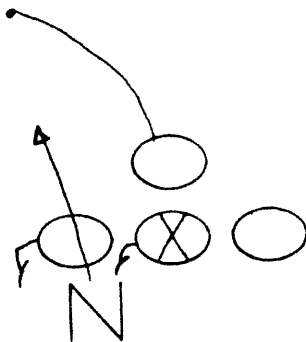
Responsibilities:

"B" Gap - Get to the ball and make tackle.

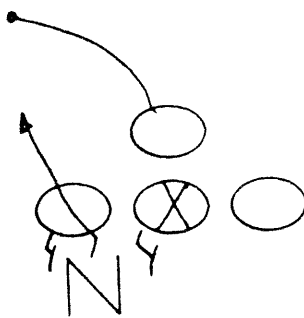


Run Technique same as Guard

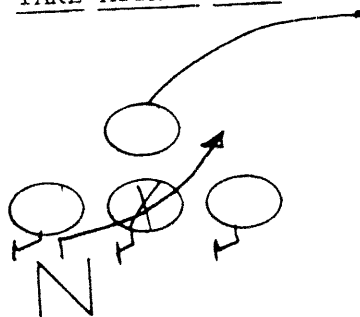
2. Reach / Sprint To: TAKE ATTACK STEP. Beat as run, then explode past guard with swim technique. Control guard and ward off clip with use of hands.



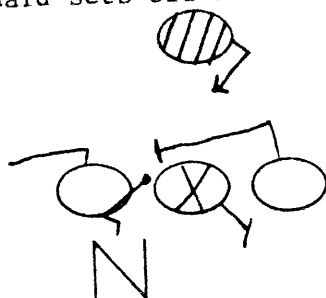
3. Gap Frontside / Sprint To: TAKE ATTACK STEP. React same as set.



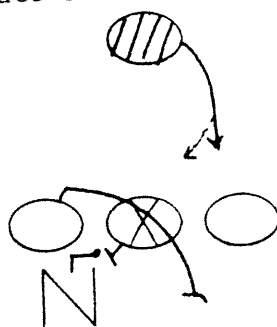
4. Gap Backside / Sprint Away: TAKE ATTACK STEP. Control center, shed and work off his butt.



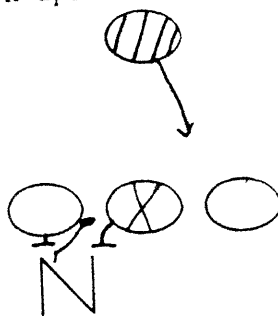
7. Guard Pull / Influence Trap: TAKE ATTACK STEP. React to guard pull and look inside. Shuffle back inside and attack guard's inside armpit and pressure him. Force trap to bounce deep. Key is depth offensive guard sets off ball before pull.



8. Carl: TAKE ATTACK STEP. React the same as on the pull inside. Stay alert for cutback.

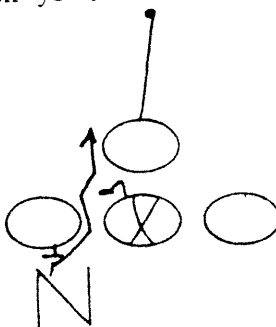


9. Double Team: TAKE ATTACK STEP. Beat the guard's base block first. Once you feel contact of the center, sit hard into center and hang onto guard, stay low and work upfield.

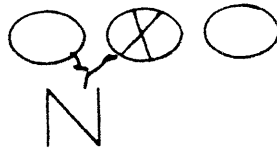


Pass:

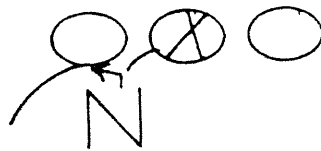
1. Set / Pocket: TAKE ATTACK STEP. Jam into guard and rip into your "A" Gap. If center takes you, explode past him with rip technique. Center will probably block on you. Use hands and keep feet moving.



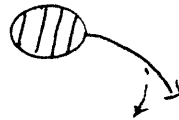
3. Low Cutoff: TAKE ATTACK STEP. Play with hands maintaining leverage. Must stay on L.O.S. may be able to jump over blocker. Stay on feet.



4. Lane: TAKE ATTACK STEP. Rocker off inside foot, keep your shoulders square and force guard down L.O.S. Keep backside position on the block and look for cutbacks, beat center trying to reach on you.



5. Guard Pull Inside: TAKE ATTACK STEP. Shuffle inside to squeeze off centers down block with inside flipper. You have all cutbacks. If center opens a crease, get upfield and run with guard. If too flat cross face and settle.



6. Guard Pull Outside: TAKE ATTACK STEP. Check trap first then shuffle outside while reading ball action. If ball to outside pursue flat to avoid center pick or FB chop.



NOSE

Technique:

2 G

Stance:

Same

Alignment:

Crowd the ball. Line up with your nose splitting the inside pad of the guard.

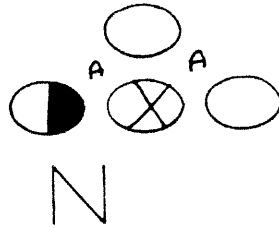
Key - offensive man's head.

Movement and Blow:

1. Jam Technique
2. Flipper Technique

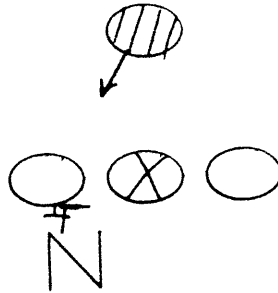
Responsibility:

Find ball, sprint to it, make tackle
"A" Gap - Get to the ball and make tackle.

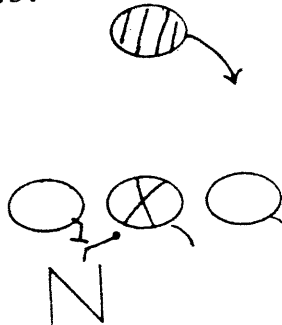


Run:

1. Base: TAKE ATTACK STEP. Destroy the offensive man with Jam Technique. Rip your hands under the shoulder pads to get separation. Squeeze keeping shoulders square with inside leverage. Keep pad control. You have "A" Gap.

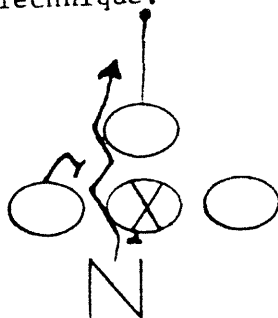


2. Cutoff: TAKE ATTACK STEP. Use Jam Technique. Bench him away from body and pressure football. Squeeze down and get the offensive man's shoulders turned perpendicular to L.O.S.

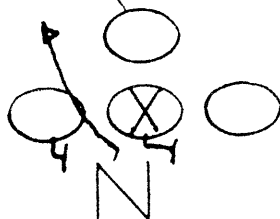


Pass:

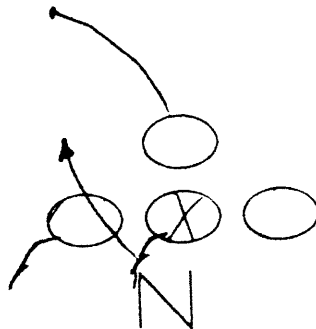
1. Set / Pocket - Same as "O" Technique.



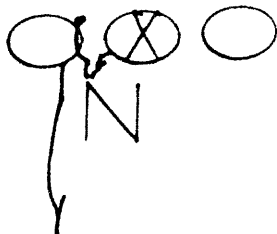
2. Gap / Sprint Out - Same as "O" Technique.



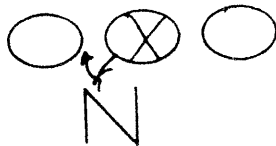
3. Reach / Sprint Out - Same as "O" Technique.



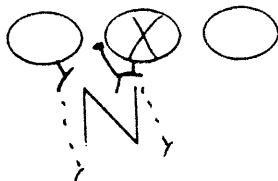
7. Swipe: TAKE ATTACK STEP. Nose will react to reach block. When you feel pressure from guard, stay on feet and get force and acceleration into the crease of the block.



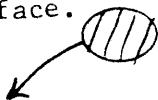
3. Low Reach: TAKE ATTACK STEP. Bring inside foot up through center. Play with hands maintaining outside leverage. Must stay on L.O.S. may be able to jump over blocker, stay on feet.



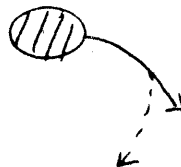
4. Double Team: TAKE ATTACK STEP. Same as 5 Technique



5. Down / Down: TAKE ATTACK STEP. When center goes down on guard his path will be much flatter than lane. You will get up on the number of guard to squeeze. When you see guard pulling and spinning action of QB, you should get up field to destroy guard pulling and beat the block of other guard. If guard flat, cross face.



6. Lane Block: TAKE ATTACK STEP. Center will try to get around to Oakie Backer. Squeeze center down keeping LB'er clean. Move quick and flat to avoid guards block. Stay low.



NOSE

Technique:

1

Stance:

4 point stance, feet parallel. Feet no wider than shoulder width apart, weight evenly distributed and balanced. Back straight, head up, tail slightly higher than head.

Alignment:

Crowd the ball with nose splitting outside shoulder pad of guard.

Key:

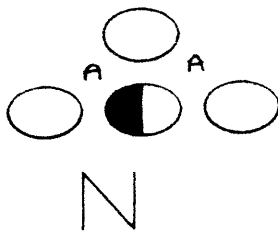
The center's head, ball for movement.

Movement and Blow:

1. Jam Technique
2. Flipper Technique

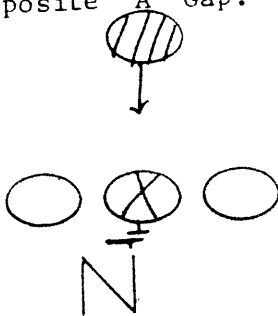
Responsibility:

"A" Gap - Get to the ball and make the tackle.

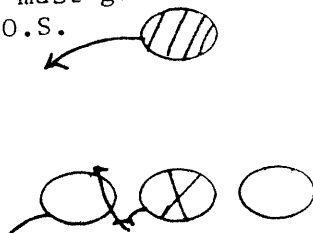


Run:

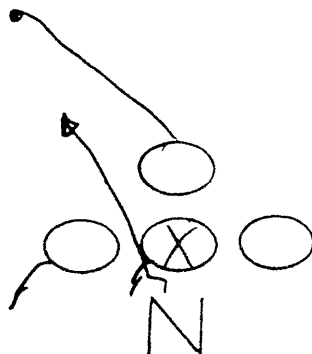
1. Base: TAKE ATTACK STEP. Destroy offensive man with Jam Technique. Rip your hands under the shoulder pads to get separation. Squeeze keeping shoulders square with outside leverage. Keep pad control. You have "A" Gap, squeeze opposite "A" Gap.



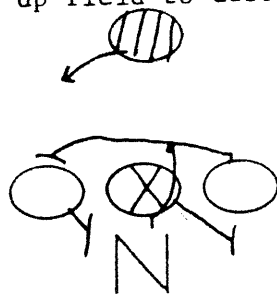
2. Reach: TAKE ATTACK STEP. Get pad control. Use Jam technique and maintain eye alignment. Bring inside foot up through center. Bench him away from your body and work him out and up the field. To gain outside leverage, you must get the offense man's shoulder pads turned perpendicular to L.O.S.



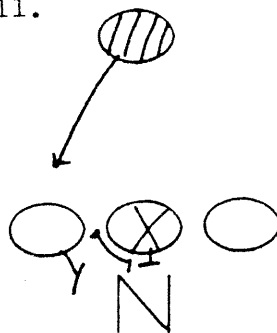
3. Reach / Sprint Out: TAKE ATTACK STEP. Beat block the same as run, then explode past center and guard with Rip technique.



3. Center Down / Guard Down: TAKE ATTACK STEP. When center goes down on tackel his path will be much flatter than reach. You will get up on the number to squeeze. When you see guard pulling and spinning action of QB, you should get up field to destroy guard pulling and beat down block.

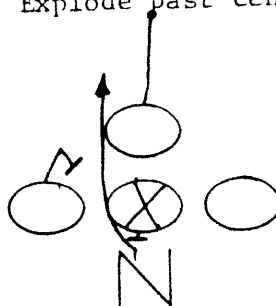


4. Double Team: TAKE ATTACK STEP. Beat center's base block first. Once you feel contact of guard, drop outside hip and leg to ground and work upfield toward guard. If guard releases pressure come to a 2 point stance and react to ball.

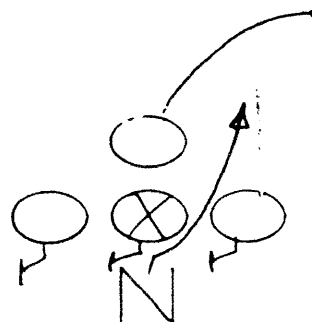
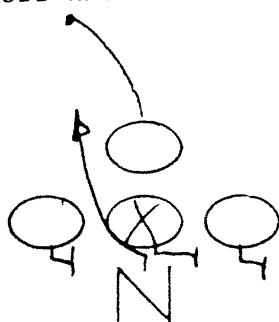


Pass:

1. Set / Pocket: TAKE ATTACK STEP. Jam into center and rip into the gap of your responsibility. Explode past center and guard.



2. Gap / Sprint Out: TAKE ATTACK STEP. Control center with hands, then work back off his butt. Explode past center and rip thru guard. Avoid chop.



NOSE

Technique:

0

Stance:

4 point stance, feet parallel with hands in front of corresponding leg. Weight evenly distributed. The back is parallel to the ground with head up and neck bulled.

Alignment:

Crowd the ball as much as possible. Line head up on the center.

Key:

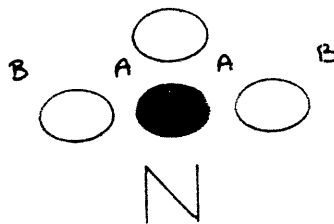
Ball, center's head

Movement and Blow:

Jam Technique, attack step with either foot.

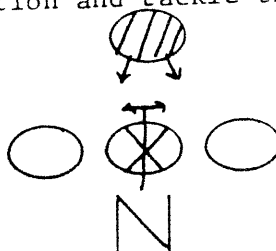
Responsibility:

Backside "A". Get to the ball and make tackle.

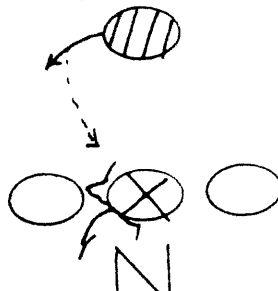


Run:

1. Base Block: TAKE ATTACK STEP. Explode into center using Jam Technique destroying his block and knocking him back. Stay square to L.O.S. keeping your feet moving, get separation and tackle the football.

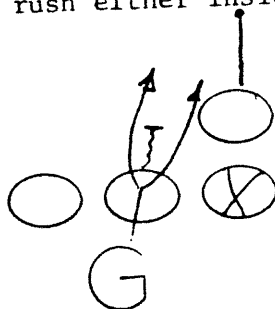


2. Reach Block: TAKE ATTACK STEP. Explode into center. Attack with Jam Technique, flattening the offensive blocker parallel to the L.O.S. Nose will squeeze center down the L.O.S. turning his shoulders no more than 45°. You must stay on the L.O.S., you have all cutbacks. Get to the ball.

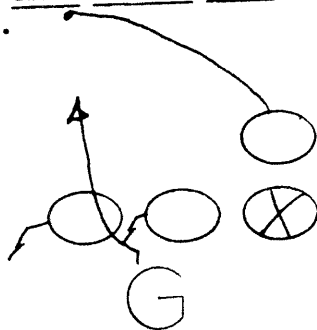


PASS

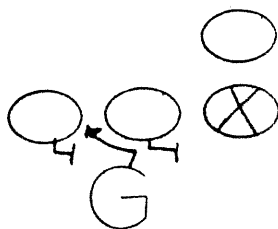
1. Set / Pocket: TAKE ATTACK STEP. Jam Guard, you are one on one with guard, you have a free rush either inside or outside of him.



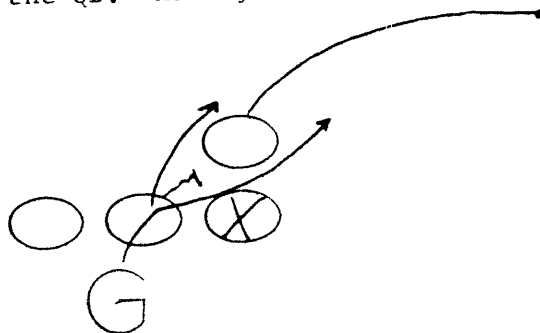
2. Reach / Sprint To: TAKE ATTACK STEP. Beat the same as on run, then work to the outside.



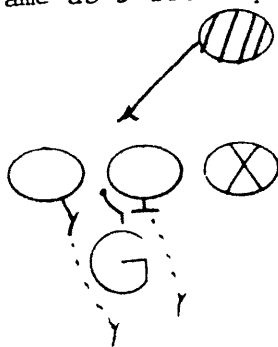
3. Gap / Sprint To: TAKE ATTACK STEP. When the guard turns inside, rush lane is off of the tail of the next man blocking down. When rushing, if tackle flat work thru his face, when there is crease, give move and work under him.



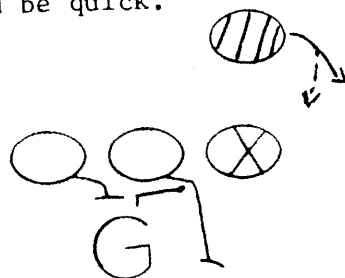
4. Hinge / Sprint Away: TAKE ATTACK STEP. You must force the ball. Rush to backside number of the QB. Make your move off of the guards block.



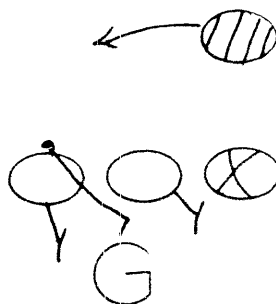
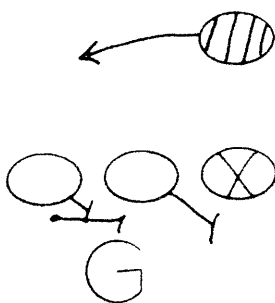
11. Double Team Block - Same as 5 Technique



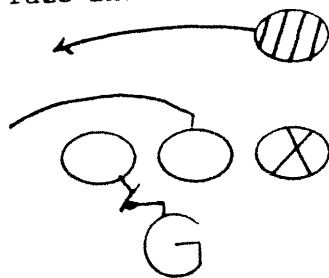
12. Lane: TAKE ATTACK STEP. Rocker off outside foot and squeeze down with guard keeping him off ILB. Stay square and keep away from tackle. Key is to stay square and be quick.



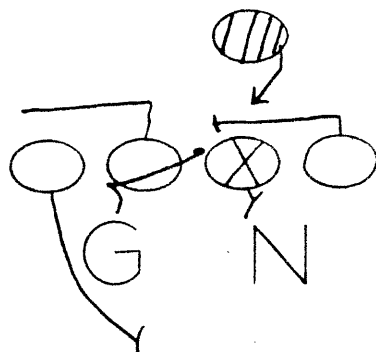
13. Guard Down / Tackle Down - Same as tackle down TE down on 5.



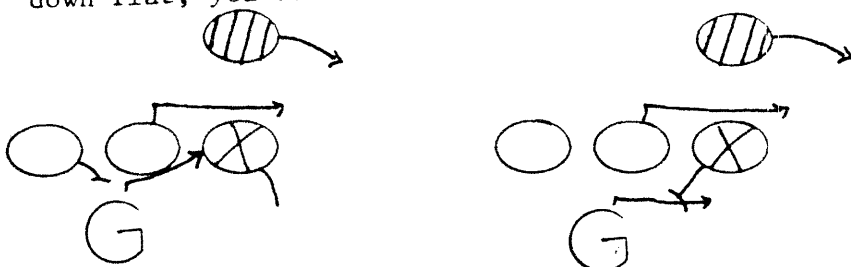
7. Gus Block: TAKE ATTACK STEP - Will start with guard pulling to outside. Take on tackle with outside flipper. Keep inside arm free. If tackle too flat cross his face and settle.



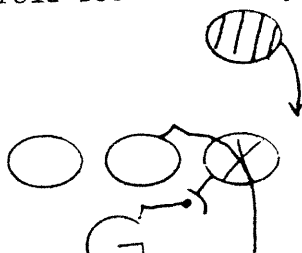
8. Influence Trap: TAKE ATTACK STEP. Will start with guard pulling to outside. React as you did on Gus Block, you won't feel tackle pressure, you will see guard trap. Stay square while shuffling back inside. Attack with inside flipper and pressure and squeeze guard. Force trap to bounce deep. Key the depth the offensive guard sets off the ball before he pulls.



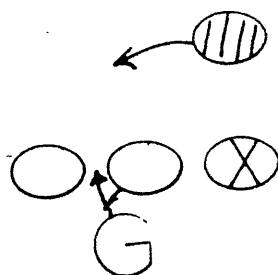
9. Guard Pull Inside: TAKE ATTACK STEP. Shuffle inside, work to catch guard from behind. It is important to keep your separation from the tackle who is trying to clip you. Stay into L.O.S., center may turn back to you, if over blocks you, you may go under it. If he blocks down flat, you will cross his face.



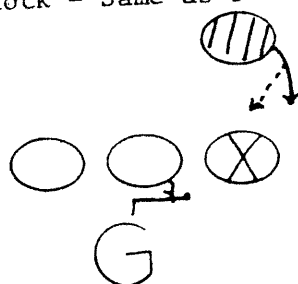
10. Carl Block: Same as Fold for 5 Technique



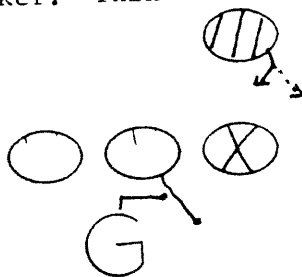
3. Low Reach - Same as 5



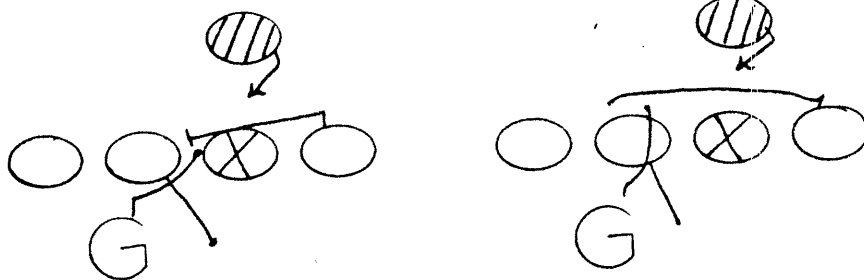
4. Cutoff (Low Cutoff) Block - Same as 5



5. Down Block: TAKE ATTACK STEP. Keep shoulders square with pressure constantly on the blocker. Think TRAP.



6. Trap or Trap Option: TAKE ATTACK STEP. Will initially get the down block, step down and squeeze keeping your shoulders square. When you see there is no dive look for guard coming, keep you outside shoulder on the guards inside $\frac{1}{2}$ and pressure him. Make the trap bounce and keep the guard off the LB on option.



GUARDS

Technique:

3

Stance:

Same as 5

Alignment:

Crowd ball with your nose splitting the outside shoulder pad of offensive guard.

Key:

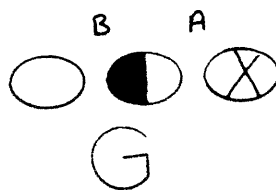
Guards head

Movement and Blow:

1. Jam Technique
2. Flipper Technique

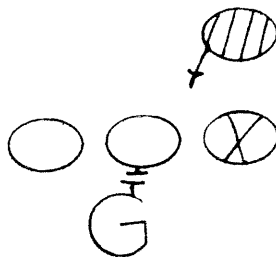
Responsibilities:

"B" Gap - Get to the ball and make tackle.

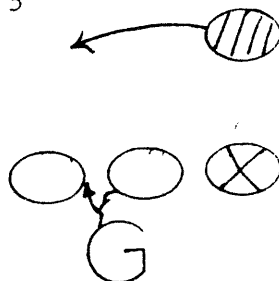


Run:

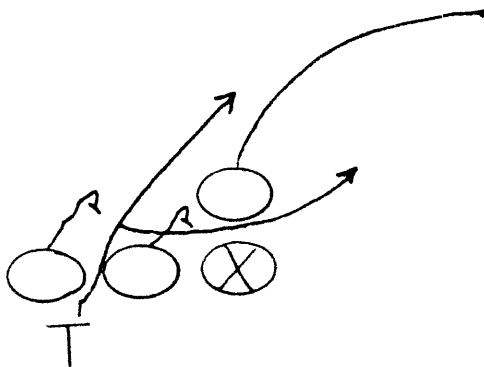
1. Base Block - Same as 5



2. Reach Block - Same as 5

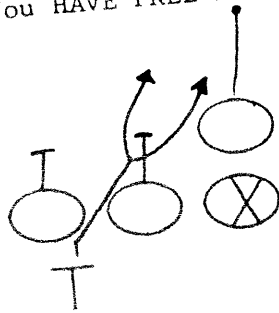


4. Hinge / Sprint Away: TAKE ATTACK STEP. Come inside and rush off of guard, come under or over him, take path of least resistance.

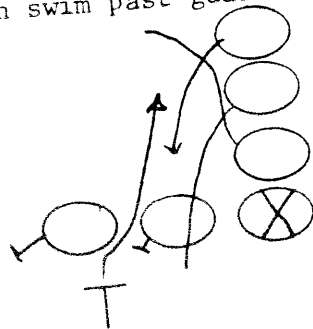


PASS PROTECTION / PASS ACTION: 4 TECHNIQUES

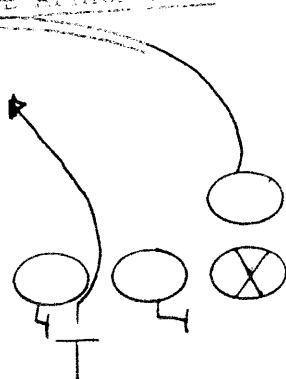
1. Set / Pocket: TAKE ATTACK STEP. Jam tackle immediately and make pass rush move on guard. You HAVE FREE RUSH ON GUARD.



2. Fan / Play Action: TAKE ATTACK STEP. React back inside once you recognize pass, then swim past guard to passer.



3. Gap / Sprint For: TAKE ATTACK STEP. Come off inside tackle and sprint



TACKLE

Technique: 4

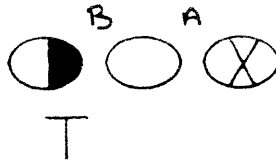
Stance: Same as 5

Alignment: Crowd the ball with nose splitting inside shoulder pad of offensive tackle.

Key: Offensive tackles head

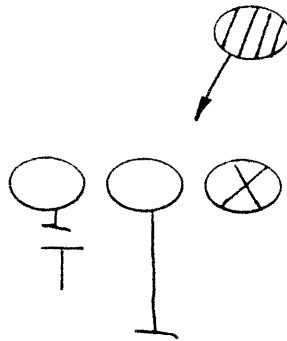
Movement and Blow: 1. Jam Technique
2. Flipper Technique

Responsibility: "B" Gap - get to ball and make tackle



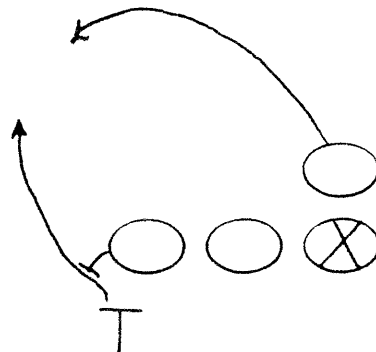
Run:

1. Base Block - TAKE ATTACK STEP. Smash offensive tackle with Jam Technique rip your hands under the shoulder pads to get separation. Squeeze, keeping shoulder square with inside leverage. Keep pad control, you have "B" Gap.

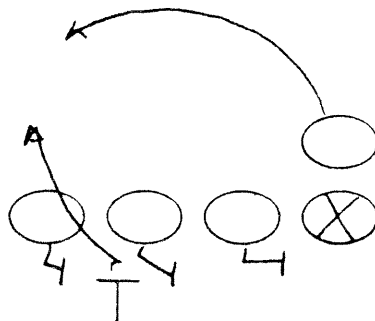


Play everything else as you would the reactions for a 2 technique.

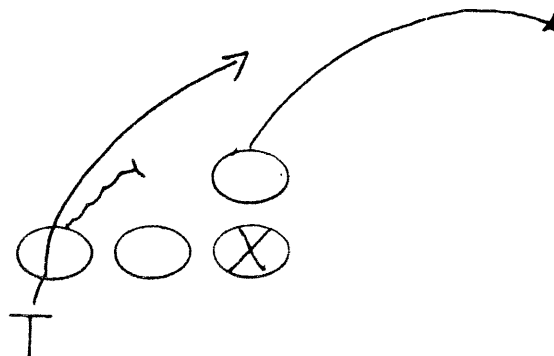
3. Reach / Sprint To: TAKE ATTACK STEP. Beat the same as run. Then rush to contain.



4. Gap / Sprint To: TAKE ATTACK STEP. Come off the butt of tackle. Keep outside leverage on ball; contain pass.

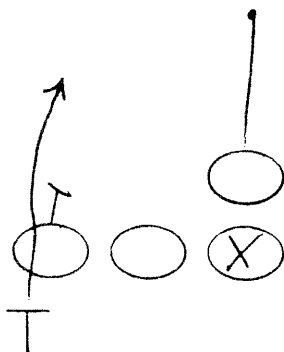


5. Hinge / Sprint Away: TAKE ATTACK STEP. You have trailing contain with your land mark being the backside shoulder of QB.

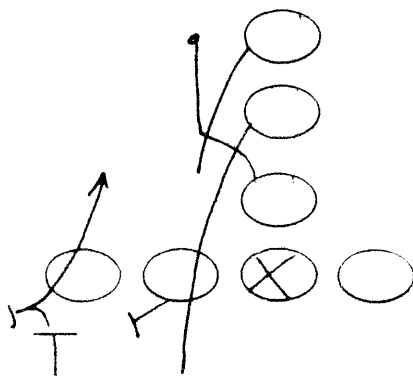


PASS PROTECTION / PASS ACTIONS: 5 TECHNIQUE

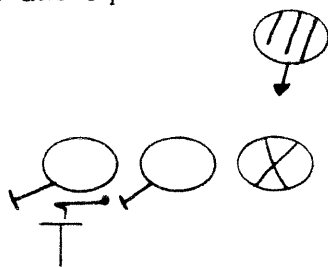
1. Set / Pocket: TAKE ATTACK STEP. Jam tackle immediately and swim past him thru "C" Gap.



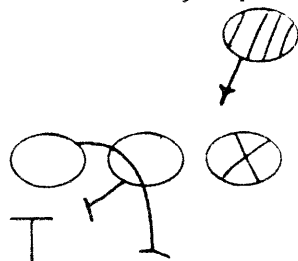
2. Fan / Play Action, Sprint Away: TAKE ATTACK STEP. React back inside once you recognize pass, then swim past guard to passer.



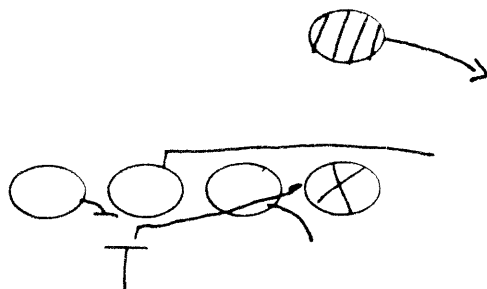
15. Fan Block: TAKE ATTACK STEP. React to outside. Once you recognize as an outside block on end, stay square and close to guard and attack with inside flipper and squeeze the "B" Gap.



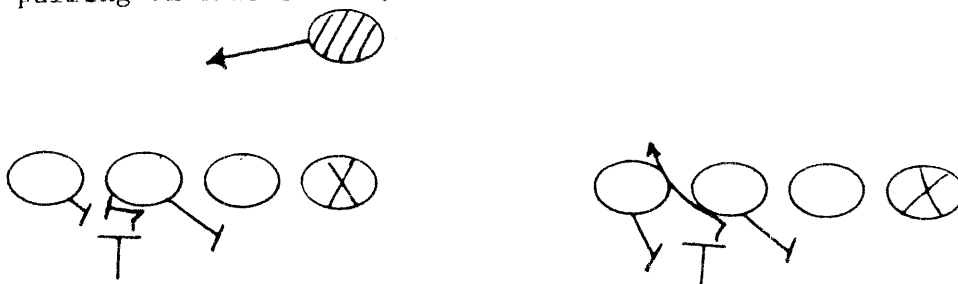
16. Fold Block: TAKE ATTACK STEP. Shuffle inside and attack guard with inside flipper. Squeeze and stay square. Keep outside free for bounce.



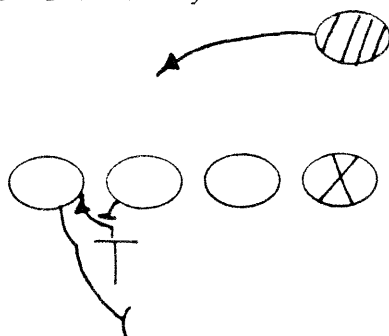
17. Tackle Pull: TAKE ATTACK STEP. Sink back flat inside and beat TE scoop block. Jam tackle all the way to football with outside leverage.



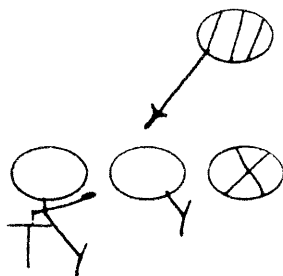
11. Down Block with TE Down: TAKE ATTACK STEP. After playing the down block, (the angle of the tackle will be flatter), you will play across tight end's face if he comes down flat, or dip your outside shoulder and explode into crease. You will probably feel the guard pulling on this scheme.



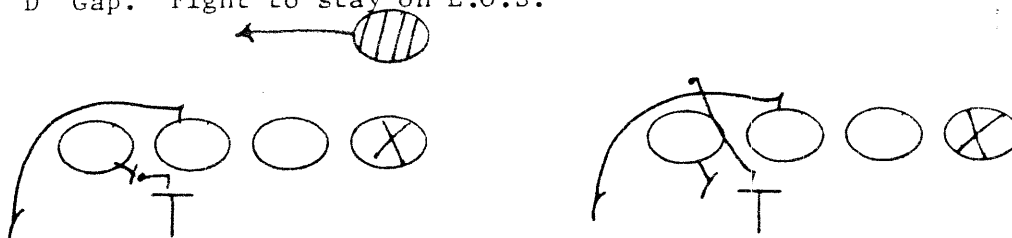
12. Swipe Block: TAKE ATTACK STEP. Tackle will go for reach block. Defeat reach block first and work through TE. He will release pressure by working LB. Keep outside arm free you have "C" Gap.



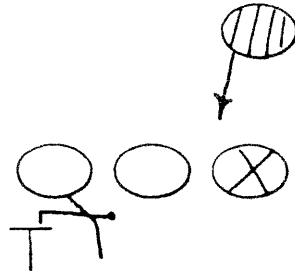
13. Base - Down Block: TAKE ATTACK STEP. The offensive man will come off and block you, then go inside on a down block. You must attack the base block working to squeeze and keep shoulders square. When you have lost contact with blocker, settle and read mesh on option, you have keep. You may also get this block on trap and trap option. Play as earlier described.



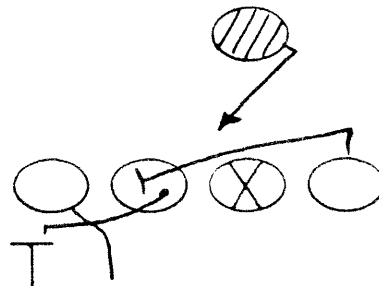
14. T Block: TAKE ATTACK STEP. Play across tight end's face or dip outside shoulder and come under if TE opens up a crease. Squeeze "D" Gap. Fight to stay on L.O.S.



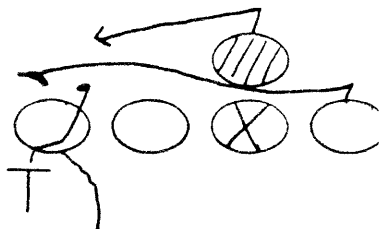
7. Down Block: TAKE ATTACK STEP. Squeeze down L.O.S. with blocker shuffle down with him, staying square and keep him off of LB. Think dive and trap.



8. Trap: TAKE ATTACK STEP. Will initially get the down block, squeeze keeping shoulders square. When you see there is no dive look for guard coming. Get your outside shoulder and flipper on guards inside $\frac{1}{2}$. Force trap to bounce deep.

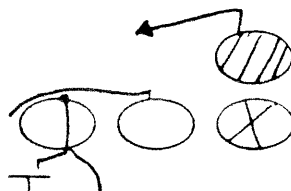


9. Trap Option: TAKE ATTACK STEP. Will initially get the down block. When you see there is no dive, look for guard coming, his depth will be deeper than on trap. Use Jam Technique on guard getting under his inside arm pit.* Force him into the QB and keep him off LB. Force QB deep and wide. You have QB cut back.

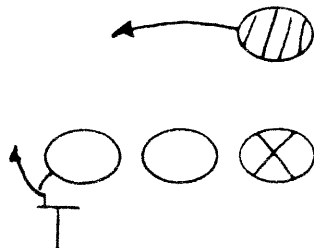


* Keeping shoulders square is of UTMOST IMPORTANCE!

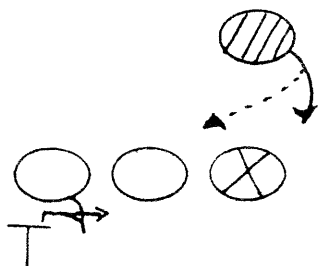
10. X Block: TAKE ATTACK STEP. Will initially get the down block. Close with tackle to keep him off LB. When guard comes around get your hands under inside arm pit. Keep your shoulders square and keep him perpendicular to L.O.S. You have QB on option.



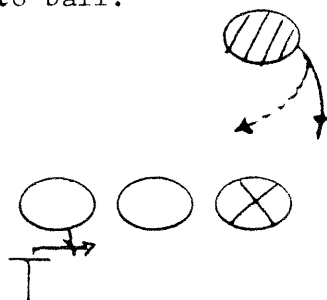
3. Low Reach: TAKE ATTACK STEP. Play with hands maintaining outside leverage, must stay on L.O.S. May be able to jump over blocker. Stay on feet.



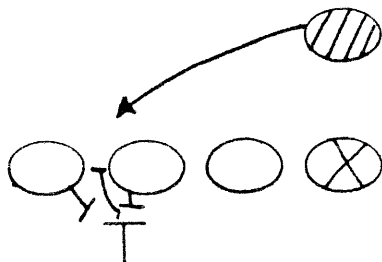
4. Cutoff Block: TAKE ATTACK STEP. Close down and squeeze "B" Gap. Keep your shoulders square and force tackle down L.O.S. Keep backside position on the block and look for cutbacks.



5. Low Cutoff: TAKE ATTACK STEP. Play block with hands. Shuffle and stay square. May be able to jump over block. Stay on feet. Check cutback then sprint to ball.



6. Double Team Block: TAKE ATTACK STEP. Destroy tackles base block. Feel TE down block, sit hard into the TE while not releasing the tackle, try to create a seam and split block. If you feel you are getting knocked back, go down to ground. Must stay low.



TACKLES

Technique: 5

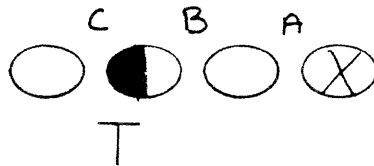
Stance: 4 point stance, feet basically parallel.
Feet no wider than shoulder width apart.
Weight evenly distributed and balanced. Back straight, head up. Tail slightly higher than head.

Alignment: Crowd The Ball with your nose splitting the outside shoulder pad of the offensive tackle.

Key: Offensive tackles head

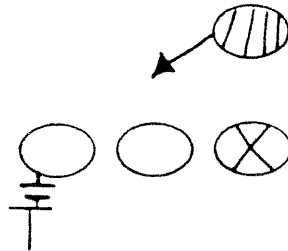
Movement and Blow: 1. Jam Technique
2. Flipper Technique

Responsibilities: "C" Gap - Get to the ball and make tackle

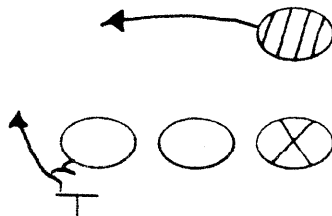


Run:

1. Base Block: TAKE ATTACK STEP. Use Jam Technique. Rip your hands under the shoulder pads to get separation. Squeeze keeping shoulders square with outside leverage. Keep pad control, you have "C" Gap.



2. REACH BLOCK: TAKE ATTACK STEP.
Using Jam Technique maintaining eye alignment. Bench him away from your body and work him out and up the field. To gain outside leverage, you must get the offensive man's shoulders turned perpendicular to L.O.S. Once into and have control of blocker look inside for influence. Use Post and Pull technique.



9. Heels Depth
 - Depth of the offensive lineman's heels. Used as a point of reference for depth of penetration on down blocks, etc.
10. Jam Technique
 - Attack blocker with cage, hands, hips, attack step progression. Hands on outside part on numbers under chest plate. Elbows in, thumbs up. Take 2nd step so as to stay square maintain pad control while locating ball
12. Man Key
 - Your movement key will be the offensive lineman.
13. Pad Control
 - Control of the offensive player where defender is up under the pads with leverage and control of offensive blocker. This is when we have our area taken care of and we're squeezing down the adjacent gap.
14. Post & Pull
 - Technique used to keep offensive man from getting his body in running hole. Bench press with arm in the direction the offensive man is going and pulling with opposite arm.
15. Rip
 - Pass rush technique where lineman rips near arm under armpit of blocker and escapes to the QB.
16. "Rush"
 - Call made that enables nose to make a game call. Also puts lineman in best pass rush move on snap of the ball. Think pass, ball / man key attack half man, on ball movement, with leverage.
17. Shake
 - Pass rush technique in which a head fake is used to get blocker out of balance.
18. Shuffle
 - Movement along L.O.S. where you stay low. Keep body square, knees bent and maintaining wide base. You should shuffle while squeezing for B.C.
19. Squeeze
 - Constriction of the adjacent gap.
20. Stem / move
 - Movement by lineman from one alignment to the defense called. Shift is made once the quarterback gets into the numbered part of his cadence. Lineman should be set before snap but alert of quick snap. Can also be a called defense.
21. Swim
 - Pass rush technique where lineman pulls or clubs blocker then quickly brings other arm over blocker and escape to the quarterback.
22. Tank
 - Penetrating gap charge from a gap alignment.
23. Twist Games
 - Exchange of rush lane responsibilities by lineman triggered by "rush" call.

DEFENSIVE LINE TERMINOLOGY

1. Attack Step
 - Initial short 6" step taken to gap of responsibility with foot closest to gap and destroy offensive man you are reacting to.
2. "Ball"
 - Call screamed as lineman turns from pass rush to sprint to ball. This alerts secondary ball is in air.
3. Ball Key
 - Your movement key will be the football.
4. Chase
 - Responsibility of "5" technique on plays way, dictated by defense. After squeezing for dive, cutbacks, and traps, pursue behind the line looking for reverses. When ball has crossed L.O.S., take pursuit path to ball.
5. Eagleside
 - Side away from Oakie. Tackle in a "3" technique.
6. "F" Charge
 - Nose hard penetrating charge from "1" alignment.
7. Flipper Technique
 - Used to attack aggressive 2nd threats. Attack blocker with forearm and shoulder blow bringing other hand up under pads. Maintain pad control while locating ball.
8. Gaps Technique
 - Four different types of predetermined movements which allows the defensive lineman a three way route all from a head up alignment Go, Angle, Punch Slant, Ball Key.
 - a. Go
 - a 45° step with foot into gap of regular responsibility determined by defense. Immediately rip other arm under and through as that leg comes through into the gap. The third step will be upfield and into L.O.S. with shoulders square. See backfield action and make play. Redirect flat down line on plays away.
 - b. Angle
 - a 45° step with foot into gap opposite the one of regular responsibility. Everything else is same as Go technique.
 - c. Punch
 - Attack offensive lineman and get penetration. Shed and locate ball. Attack step with either foot.
 - d. Slant
 - On movement the defensive tackle will take a slant step to the inside, with inside foot. Step for inside foot of guard and face through V of guard's neck. He must bring his outside arm across to protect his outside leg. Read on the run and see backfield action. Slant all the way to the "B" Gap.

TECHNIQUE

Line

Defenses
Composite Sheet

<u>Basic</u>	<u>Coverages</u>	<u>Type</u>	<u>Okie Call</u>
Strong, O, G, F, M, Go	1,2,3, Cowboy, Invert	Field	Sam

<u>Variations</u>			
Change, G	1,2,3, Invert	Field	Sam
Flop, G, M	1,2,3, Cowboy	Field	Will
Wild	Sky, 6,5	Field	Sam
Sticky Sam		Formation	None
Stem	3	Field	Will
Move	3	Field	Sam

<u>Run Stunts</u>			
Strong Jet	5, Sky	Field	Sam
Strong, Stone, G	3,1,2	Field	Sam
Change Rex	3,1,2	Field	Sam
Wild Pinch Ollie	Sky, 6	Field	Sam
Wild Thunder	Dog, Sky	Field	Sam
Wild Lightning	Dog, Sky	Field	Sam
50 Pinch Ed	1,2,3	Field	Sam
50 Double Pinch	5,2	Field	Sam

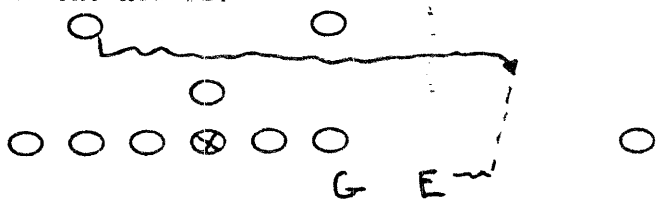
<u>Pass Change Up</u>			
50 (Rush)	1,2,P, S.M.	Field	Sam
50 Lock	1,2	Field	Sam
Nickel	Man, 3,2,1	Field	Sam
31, 32, 30	1,2, Man	Field	Sam
50 Double Hard	2	Field	Sam

<u>Pass Pressure</u>			
Strong Crunch	Dog	Field	Sam
Strong G Blitz	4	Field	Sam
Flop Smoke	4	Field	Will
55	5	Field	Sam
50 Tiger	RD	Field	Sam
Wild Crash	RD	Field	Sam
Nickel Bozo	RD	Field	Sam

<u>Goal Line</u>			
Trojan, G	70, 3	Field	Boundary/right
Trojan Sneak	70, 3	Field	Boundary/right
Trojan Gun Fire	Dog	Field	Boundary/right
90	Fed.	Lt/Rt	None
90 Straight	Fed.	Lt/Rt	None

<u>Multifront Stunts</u>
Wham
Plug
Shoot
Pinch

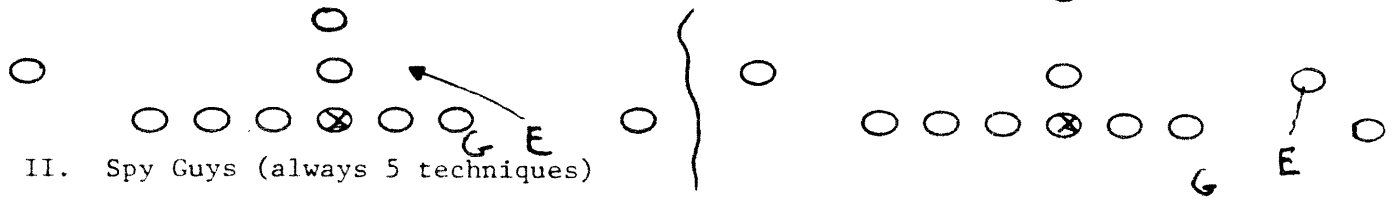
c. If anyone motions, take the new #2.



2. One Back Sets.

a. Free rush if #2 is back.

b. If #2 is a slot or TE, play him man to man.

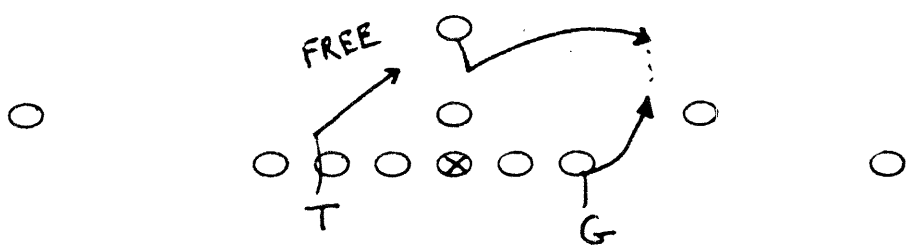
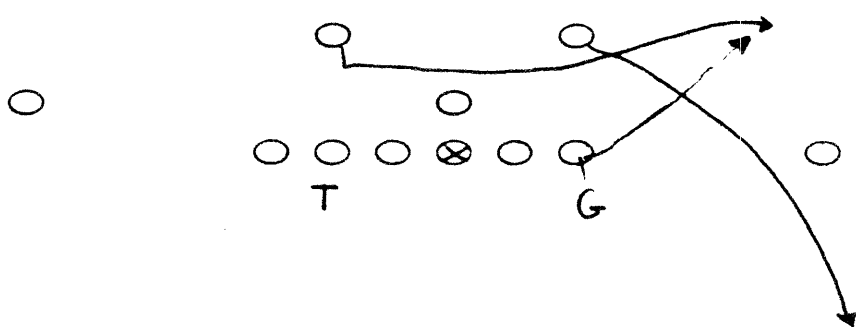


II. Spy Guys (always 5 techniques)

A. General - Always tackle a back who comes into your gap.

B. Two Back Sets - Look for second back to cross over. Play him man to man.

C. Once Back Sets - If back comes to your side, play him man to man. Otherwise, rush the QB.



RED DOG RULES

All blitzes which use "Red Dog" coverage will put the following rules into effect:

I. Outside Rushers (Ed & Ollie, or Nickle Back & Corner)

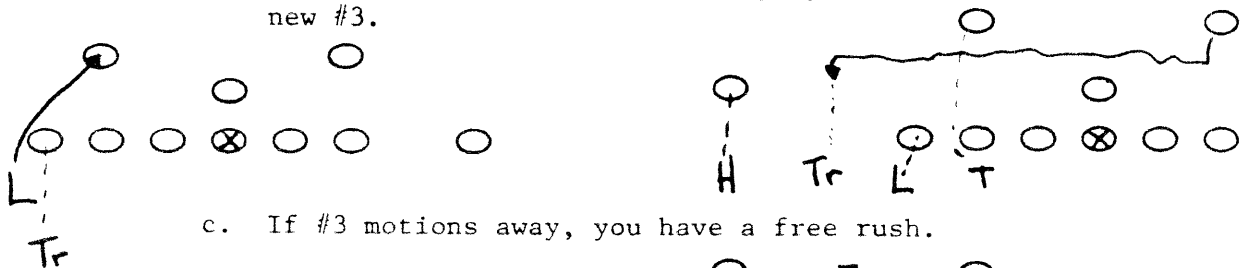
A. You must know where the TROY is located.

B. Outside rusher to side of TROY:

1. Two back sets

a. Blitz engage technique vs. #3.

b. If anyone motions outside #2, play man to man on the new #3.

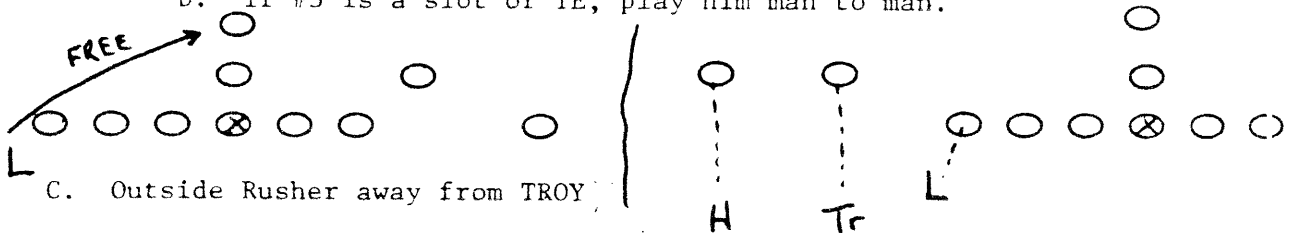


c. If #3 motions away, you have a free rush.

2. One back sets

a. Free rush if #3 is a back.

b. If #3 is a slot or TE, play him man to man.



C. Outside Rusher away from TROY

1. Two Back Sets

a. Blitz engage technique vs. #2.

b. If #2 motions away, free rusher.

