

98

Michigan 50

**Spring
Manual**

January 1st, 1999???

DEFENSIVE STAFF SPRING FOOTBALL OBJECTIVES 1998

- Get the Ball Back (60x) (4x a Practice)
- Aggressive- Assaulting Gang Tackling TEAM (make the Big Play)
- Maturity-----Improvement at Each Position
- "Technique Communication"
- Find the Best 11 Football Players

4th down down

5981

Secondary Spring Goals

1.) Understand the Defense

A. Be into meetings

B. Learn the Strengths and Weaknesses of each Defense

2.) Get to the Ball Aggressively Every Play -- Live in the present

3.) Play with in the Framework of the Defense.

WIN!

THE ESSENCE OF COMPETITION, THE REASON WE PLAY THE GAME, THE LONG HOURS OF FILM, THE SWEAT, THE PAIN, THE ICE BAGS IS FOR ONE PURPOSE - TO WIN! EVERY OPPORTUNITY WE HAVE TO TAKE THE FIELD IS TO PAY OURSELVES BACK FOR ALL THE WORK OF OUR LABORS WITH THE SWEET THRILL OF VICTORY. NEVER TAKE VICTORY FOR GRANTED - NEVER LOSE SIGHT IN WHY WE BUST OUR ASS. NO TEAM WORKS HARDER, NO TEAM SHOULD WANT VICTORY MORE - WE OWE IT TO OURSELVES TO HAVE A BLAST IN KICKING OUR OPPONENTS ASS ALL DAY LONG. GOD HELP THEM! BECAUSE WE ARE COMING OUT WITH OUR BEST EFFORT AND WITH THE ENTHUSIASM OF A TEAM THAT HAS ONE OBJECTIVE - TO WIN AND TO WIN WITH DOMINANCE!

**John Milligan
Michigan Captain - 1990**

OZYMANDIAS

Percy Bysshe Shelley

I met a traveler from an antique land
Who said: Two vast and trunkless legs of stone
Stand in the desert. . . Near them, on the sand,
Half sunk, a shattered visage lies, whose frown,
And wrinkled lip, and sneer of cold command,
Tell that its sculptor well those passions read
Which yet survive, stamped on these lifeless things,
The hand that mocked them, and the heart that fed:
And on the pedestal these words appear:
"My name is Ozymandias, king of kings:
Look on my works, ye Mighty, and despair!"
Nothing beside remains. Round the decay
Of that colossal wreck, boundless and bare
The lone and level sands stretch far away.

TUESDAY, JUNE 24

St. Jean Baptiste Day (Canada - Quebec)

You become a champion by fighting one more round. When things are tough you fight one more round.

—James J. Corbett

If you give up when things are getting tough you will never know what you could have accomplished if you hadn't quit. No matter what the circumstances, there is always a little left that you can give. And you won't be disappointed if you make the decision to stick with it. Many times when you begin to feel discouraged it will be just before you are able to make some notable progress. Everyone who works out is familiar with hitting plateaus where she just doesn't feel as if she is getting anywhere. A plateau can be a sign that you are really getting ready to go to the next level, and you may just need to give yourself a firm push to get there.

It can be frustrating to keep working out when you are not seeing noticeable improvement. You are changing and improving, and it is important to keep working beyond the point when you are frustrated. If you hang in, you will meet your goals.



I am always willing to keep working to reach my goals.

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Get
Motivated!

SLEEP TIPS FOR CHAMPIONSHIPS

Prepared for: Department of Athletics
University of Michigan

Prepared by: Timothy Hsu, M.D.
Medical Director
Michigan Institute for Sleep Medicine

Presented: April 17, 1998

GUIDELINES FOR OPTIMAL PERFORMANCE

- 1. Optimize Sleep Timing:** The more conventional the schedule, the more effective the sleep. For college athletes, down by 10 PM, up by 7 AM.
- 2. Optimize Sleep Quantity:** During active training and/or competition, aim for nine (9) hours per night.
- 3. Optimize Sleep Quality:** Avoid food, alcohol or strenuous exercise after supper. Keep sleep environment as cool, quiet and dark as possible.
- 4. Maintain Sleep Consistency:** Keep the same sleep-wake schedule 7 days/week.
- 5. Avoid daytime napping:** Sleep is both energy-dependent and energy-producing. Maximize the intensity of your recharging process by confining sleep to nighttime only.

WARNING SIGNS OF SLEEP DEPRIVATION

- 1. Falling asleep at the wheel while driving.**
- 2. Falling asleep in meetings (e.g. watching game film).**
- 3. Falling asleep at meals or during sex.**
- 4. Inability to remember new plays**
- 5. Making same mistakes repeatedly.**

1998 Spring Practice # 1

FRONTS

ZIP / FALCON
SPLIT/EAGLE
BENCH
BLACK

COVERAGE

6 SKY
6 CORNER
6
8
3
FIRE ZONES
BLUE / BLACK
DOG

FRONT ADJUSTMENTS

STOP
PLUS
WIDE

FRONT GAMES

SINK
PIRATE
SPEAR
SPEAR
SLIDE
GAP
SPIKE

FIRE ZONES

BENCH TARGET/BULLET/MISSILE
ZIP TARGET/BULLET/MISSILE

BLITZ

EAGLE COBRA DOG
EAGLE PYTHON DOG

CALLS

TWO WAY
IM HERE
OKE
BLUE
IM GONE
BOX
HEAVY-ZIP
PLUMBER
BUCKEYE
RENO

SUPPORT CALLS

READ
BACKER
KICK
BONUS
SKY
CLOUD

DEFENSIVE CALLS

ZIP/BENCH TARGET-BULLET-MISSILE
FALCON 6SKY-6CORN/3
FALCON 6SKY-6CORN/8
BENCH 6
EAGLE COBRA DOG
EAGLE PYTHON DOG

1998 SPRING FOOTBALL

MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						Practice #1 2 1 (No Pads)	
2 2	Practice #2 (No Pads)	2 3	Pads #3 2 4	2 5	Pads #4 2 6	2 7	Pads #5 2 8
2 9		3 0	Pads #6 3 1				

1998 SPRING FOOTBALL

APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	Pads #7 2	Clinic 3	Clinic 4
					Practice #8 No Pads	Pads #9 Scrimmage
5	6	Pads #10 7	8	9	10	11
				White House	Practice #11 Shells 6:00 AM	Pads #12
1 2	1 3	Pads #13 1 4	1 5	1 6	1 7	1 8
				Pads #14 1st & 10 scrimmage		Practice #15 Spring Game
1 9	2 0	2 1	2 2	2 3	2 4	2 5
	Evaluations Due	Interviews	Interviews	Interviews		

FRONTS

* ZIP=FALCON
SPLIT=EAGLE

(ANY ANIMAL OR PLACE, SEATTLE, DESERT, MEAN
THE CORNERS MATCH THE RECEIVERS AND THE SS
MATCHES THE TE

SPLIT AND ZIP

NO MATCH, SS AND WH TO FIELD, SC AND FS TO BOUNDARY

- 6/3
- 6 SKY/8 (3)
- 6 CORNER/8(3)
- 4/3

*CHECK 5 TO ONE BACK

FALCON AND EAGLE

MATCH, CORNERS MATCH WR'S
WHEN IN ZONE WH DOES NOT GO INTO THE BOUNDARY
SS MATCHES THE TE

FALCON

6/3
6 SKY/8 (3) VS TWINS CORNER IS OVER
6 CORNER/8(3) VS TWINS CORNER IS OVER
4/3

EAGLE 0

CORNERS MATCH
SS MAN ON TE VS 2 BACKS OR TILT ADJUSTMENT

FALCON AND EAGLE

CHECK BLUE VS ONE BACK

BLUE

COVER 6: SAFETIES USE COVER DOWN RULE,
BACK MY SIDE TAKE HIM. REMEMBER IN BLUE THE SAM HAS
THE TE TO HIS SIDE. THE MACK WILL ALWAYS HAVE THE BACK.

BASIC COVERAGE CHECKS AND ADJUSTMENTS

I. ZIP DEFENSE

A. DOUBLE DIGIT CALLS VS 2 BACK SET

6 SKY/8
6 CORNER/8
6 SKY/3
6/3
4/3
4/8

1. PLAY FIRST CALL DIGIT TO DOUBLE WIDTH
2. PLAY SECOND CALL DIGIT TO SINGLE WIDTH

B. VS SLOT SET TO BOUNDARY CHECK 3 (FS SKY). IF MOTION BACK ACROSS TO PRO SET, PLAY 1ST DIGIT

**C. VS 1 BACK SET IN ZIP, CHECK 5 OR GAME PLAN
VS 1 BACK SET IN FALCON, CHECK BLUE OR GAME PLAN**

D. VS TE TRADE, COVERAGE WILL CHECK TO CALL CORRESPONDING TO THE NEW SET

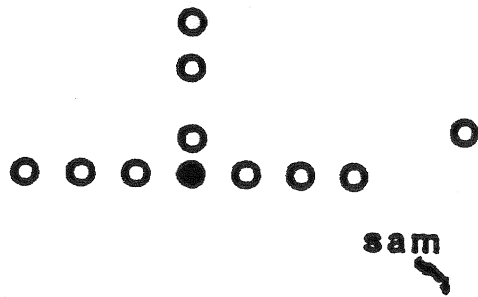
E. VS Y GO CHECK TO 4

F. CORNERS VS MOTION, IF THERE IS NOT A CHANGE IN STRENGTH DO NOT GO WITH THE MOTION

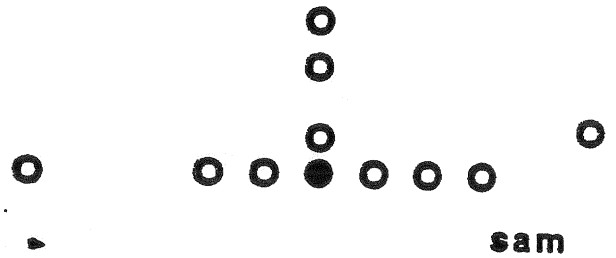
G. VS BINGO DB ALIGNED ON SLOT MUST GIVE A SKY CALL, CHECK 3

A GREAT DEFENSE
1. PROTECT THE LEAD
2. GET THE BALL BACK!

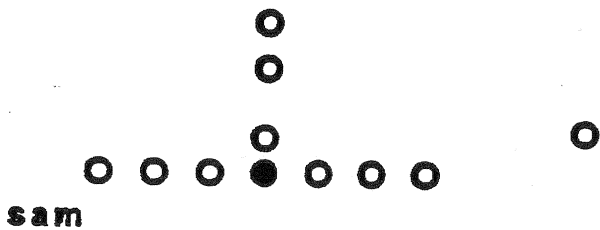
Double Digit Calls us 2 back set



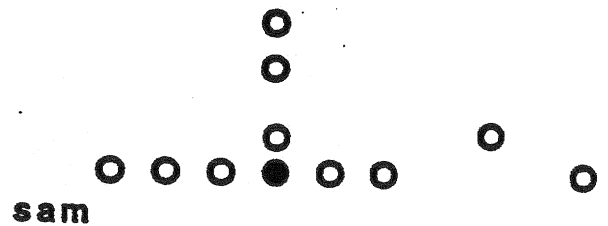
1st Digit check
2 Back Single Width With
2 Receivers to Sam



1st Digit Check
2 back and DBL Width
(DBL width split WR to
each side)



2 Back Set Single Width
2 Receivers Away From Sam
Check 2nd Digit



2 Back set (single width, 2
detached)

Two or more receivers away
from Sam, Check 2nd digit

ONE BACK: When In Falcon, automatic Blue, When In Zip, automatic 5

BENCH 6 COACHING POINTS

FRONT: Reduction call always to the boundary.

-If in the middle of the field, we will give a Rip/Liz call to you from the sideline. (coaches)

-Could run boundary movements to shore up vs. the run.

A. Q

B. Loop

C. Spear

SAM - You must align off the #2 receiver to the field.

- If no #2 receiver, loose alignment.

- If walked out on a wide #2 receiver, Play Cover 6.

- If aligned on a TE as a 9 technique, normal "Zip rules."

MACK - If Sam is walked out on #2 receiver, you must adjust to a wide #3 receiver.

WILL - Could get "Bonus" call from corner vs. TE only to the boundary.
Play area drops with the corner.

- 7 man front shuffle stack on play away.

- If a wide #2 receiver to the boundary, you must adjust alignment.
(Could give a "Pirate" call if the ball is in the middle of the field.)

SECONDARY - No match.

*Could call with a Bench Cannon, but only vs. single receiver to the boundary.

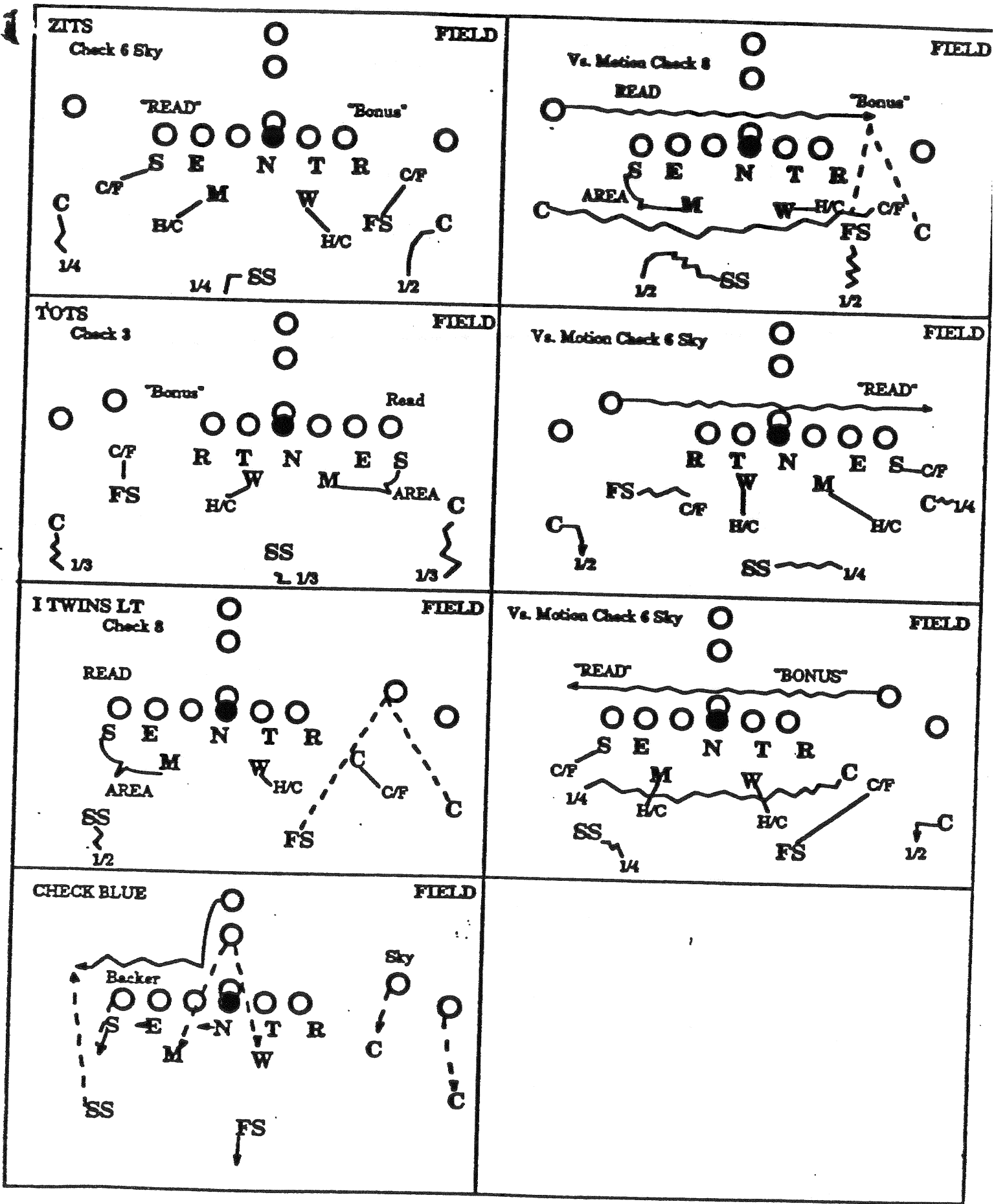
EXERCISE 6

<p>← Field</p> <p>Back Tapes</p> <p>Back Tapes</p> <p>Field →</p> <p>A SS FS</p>	<p>Back Tapes</p> <p>Field →</p> <p>← Field</p> <p>Back Tapes</p> <p>B FS SS</p>
<p>← Field</p> <p>Back Tapes</p> <p>Back Tapes</p> <p>Field →</p> <p>C SS FS</p>	<p>Back Tapes</p> <p>Field →</p> <p>← Field</p> <p>Back Tapes</p> <p>D FS SS</p>
<p>← Field</p> <p>Pre Steps</p> <p>Back Tapes</p> <p>Field →</p> <p>E <i>Backs</i> SS FS</p>	<p>Back Tapes</p> <p>Field →</p> <p>← Field</p> <p>Back Tapes</p> <p>F FS SS</p>
<p>← Field</p> <p>Pre Steps</p> <p>Back Tapes</p> <p>Field →</p> <p>G SS FS</p>	<p>Field →</p> <p>← Field</p> <p>H</p>

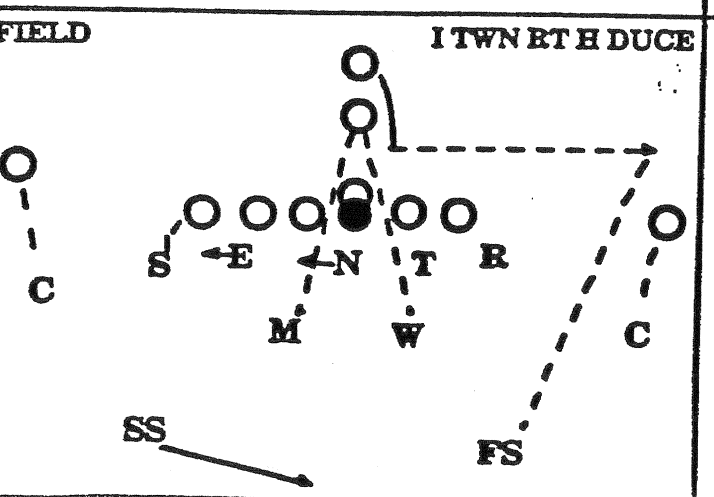
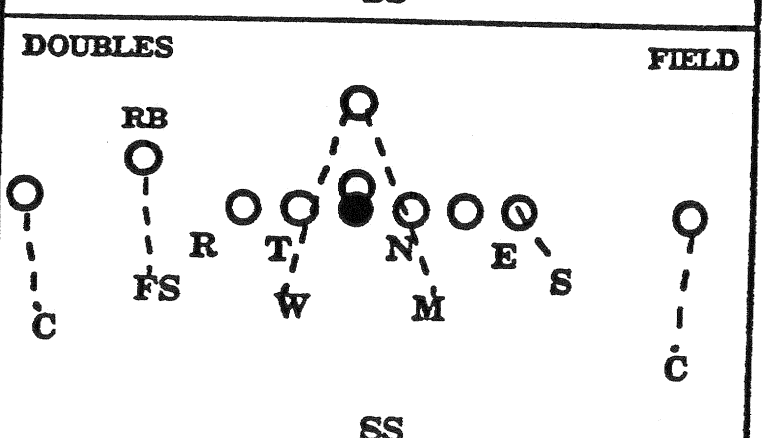
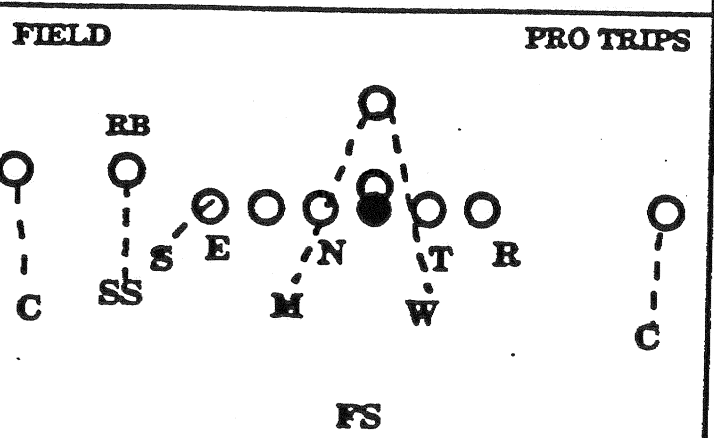
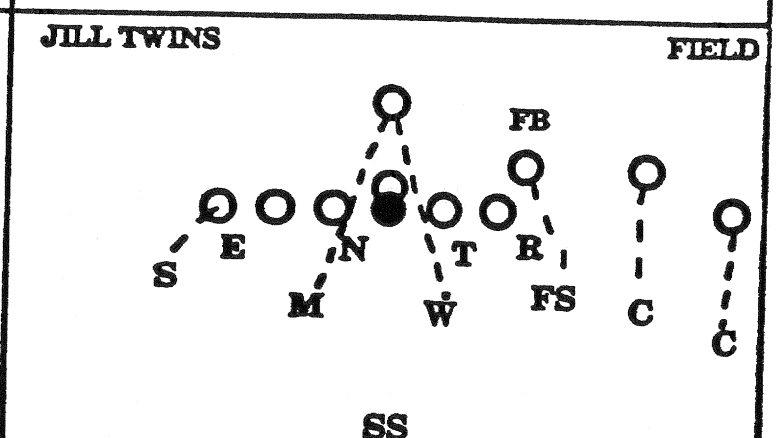
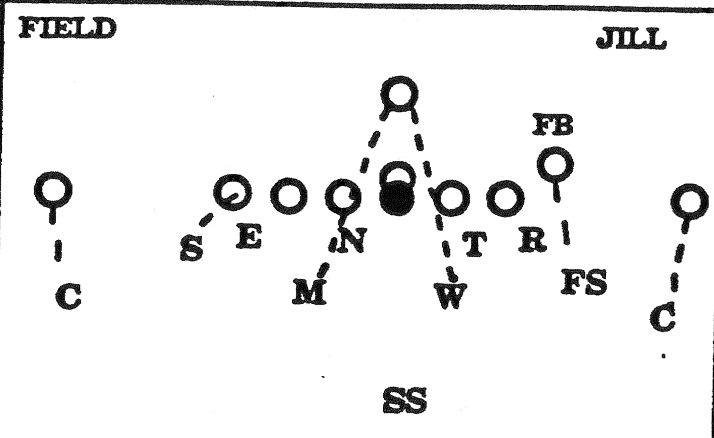
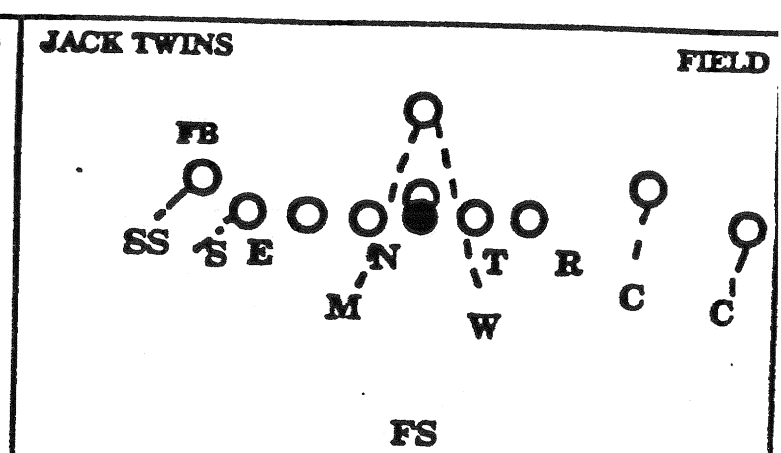
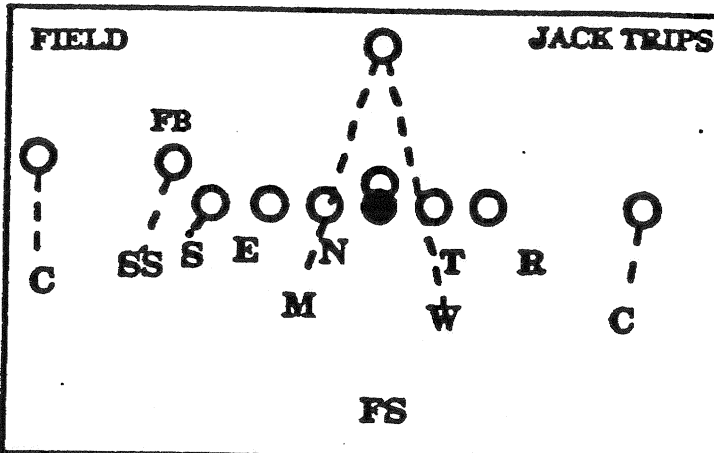
EXERCISE 6

<p>← Field</p> <p>Back</p> <p>A</p>	<p>Pro</p> <p>Field →</p> <p>B</p>
<p>← Field</p> <p>Back</p> <p>C</p>	<p>Pro</p> <p>Field →</p> <p>D</p>
<p>← Field</p> <p>Back</p> <p>E</p>	<p>On Motion</p> <p>Field →</p> <p>F</p>
<p>← Field</p> <p>Single</p> <p>G</p>	<p>Loose</p> <p>Field →</p> <p>H</p>

FALCON 6 SKY / 8

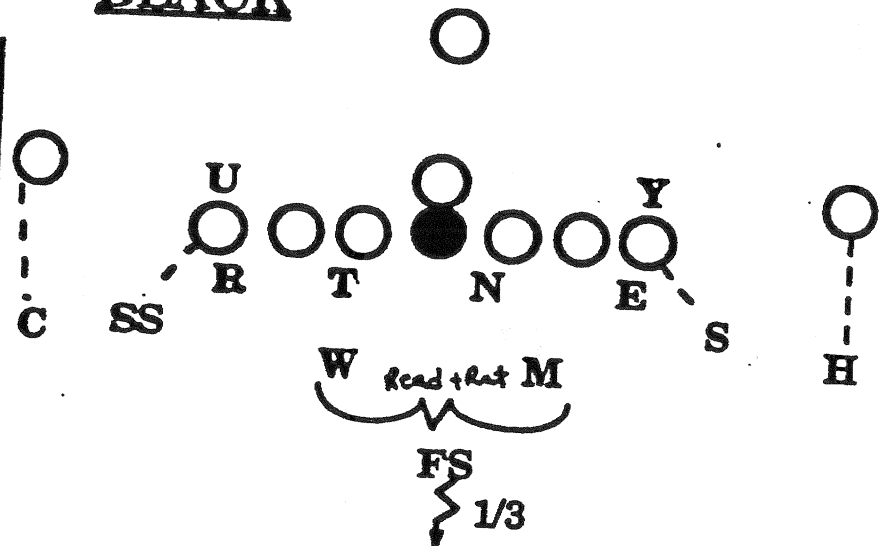


FALCON 6 SKY / 8/ (ONE BACK AUTOMATIC CHECK TO BLUE)



BLACK

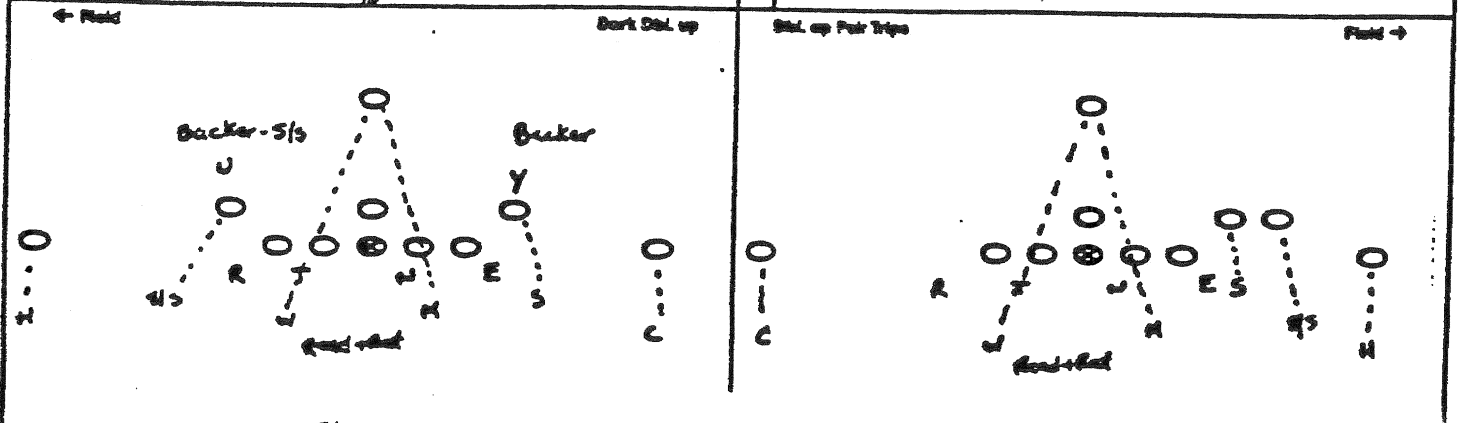
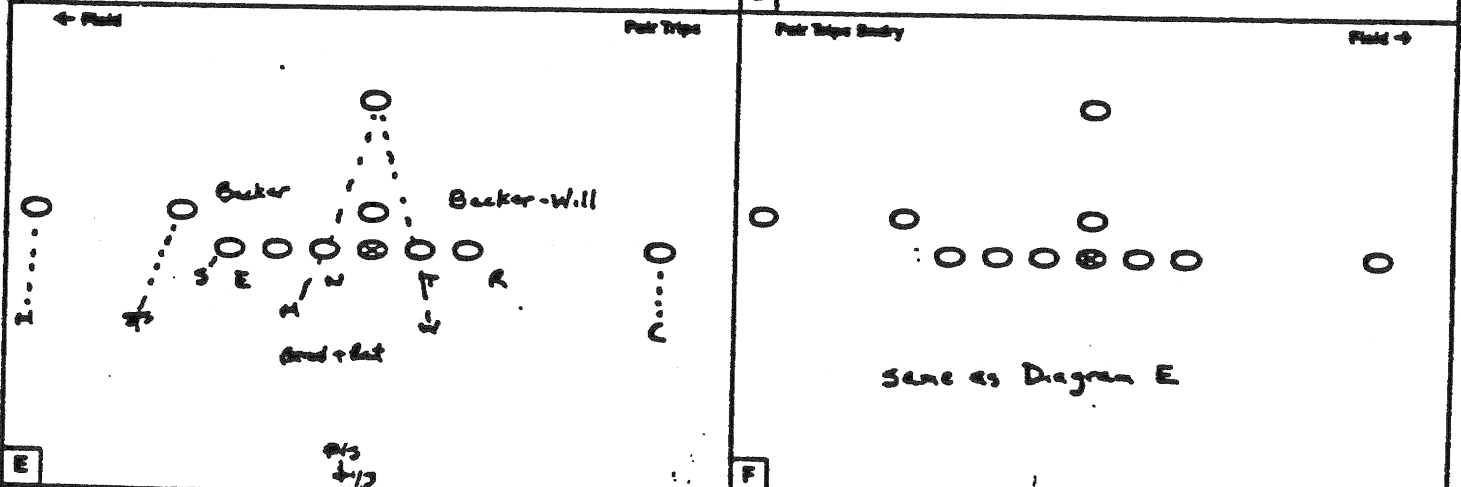
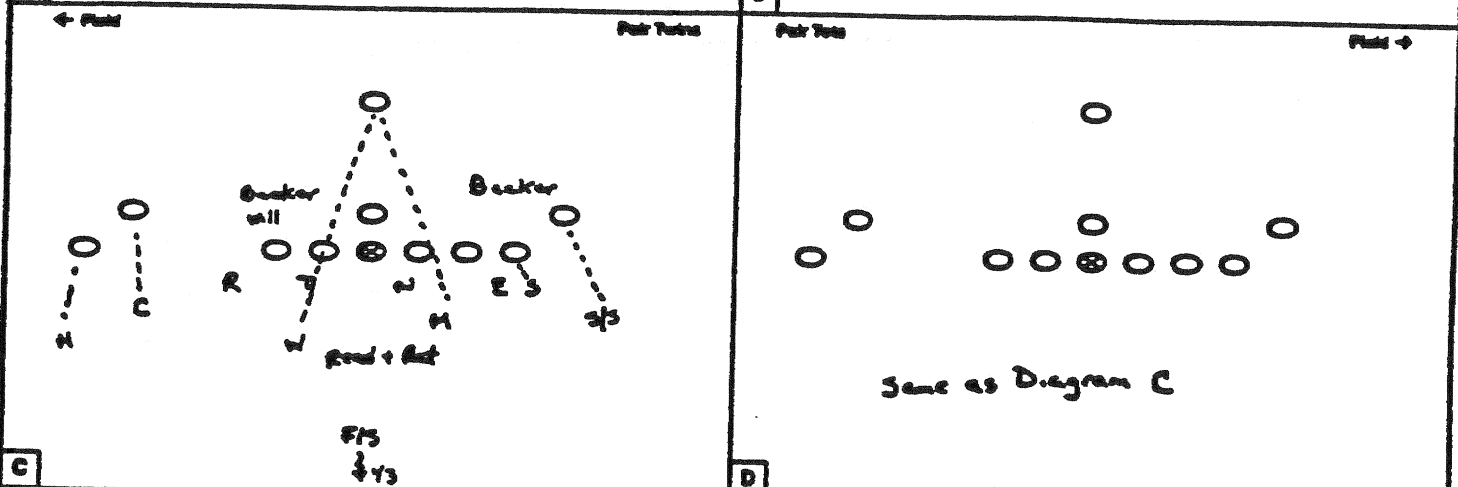
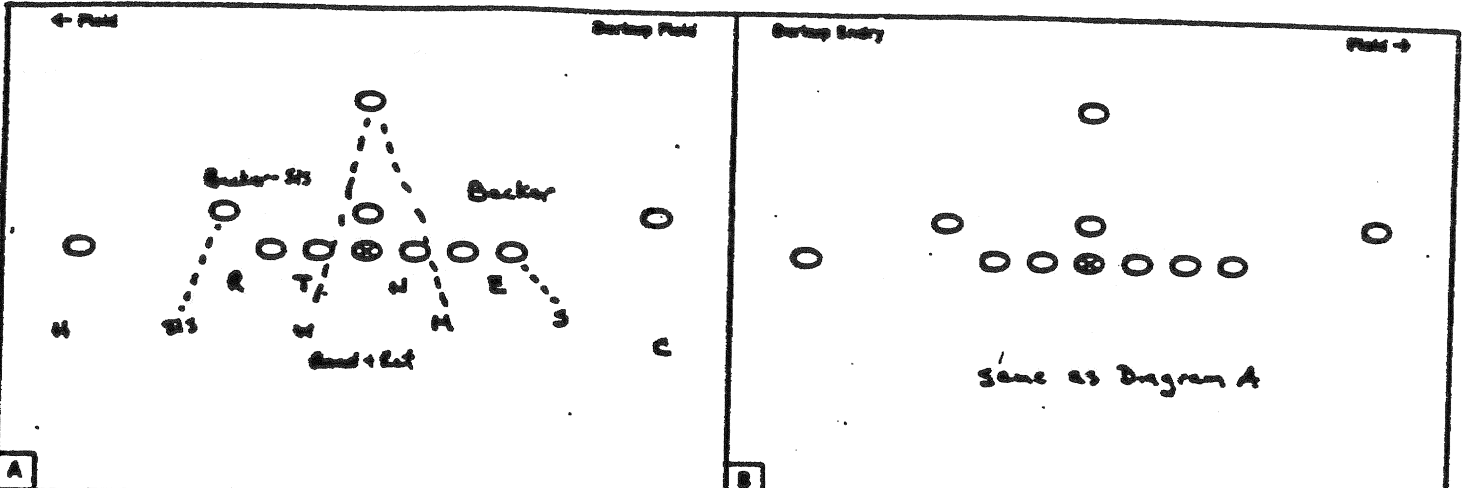
COACHING POINTS



1. Called vs. 12 personnel (1 back, 2 T.E.)
2. Sam make Okie call to designated T.E. S/S Matches 2nd T.E.
3. Corners are matched on W.R.
4. Can be Called with Black Switch, Black Cross, Black Mack, Black Return.
5. Vs. and T.E. Motion Sam + S/S will stay with their man.
6. Vs. Pair Formation- Sam move alignment on the L.O.S
7. Vs. Empty Motion to a T.E. Sam and S/S will make adjustment.

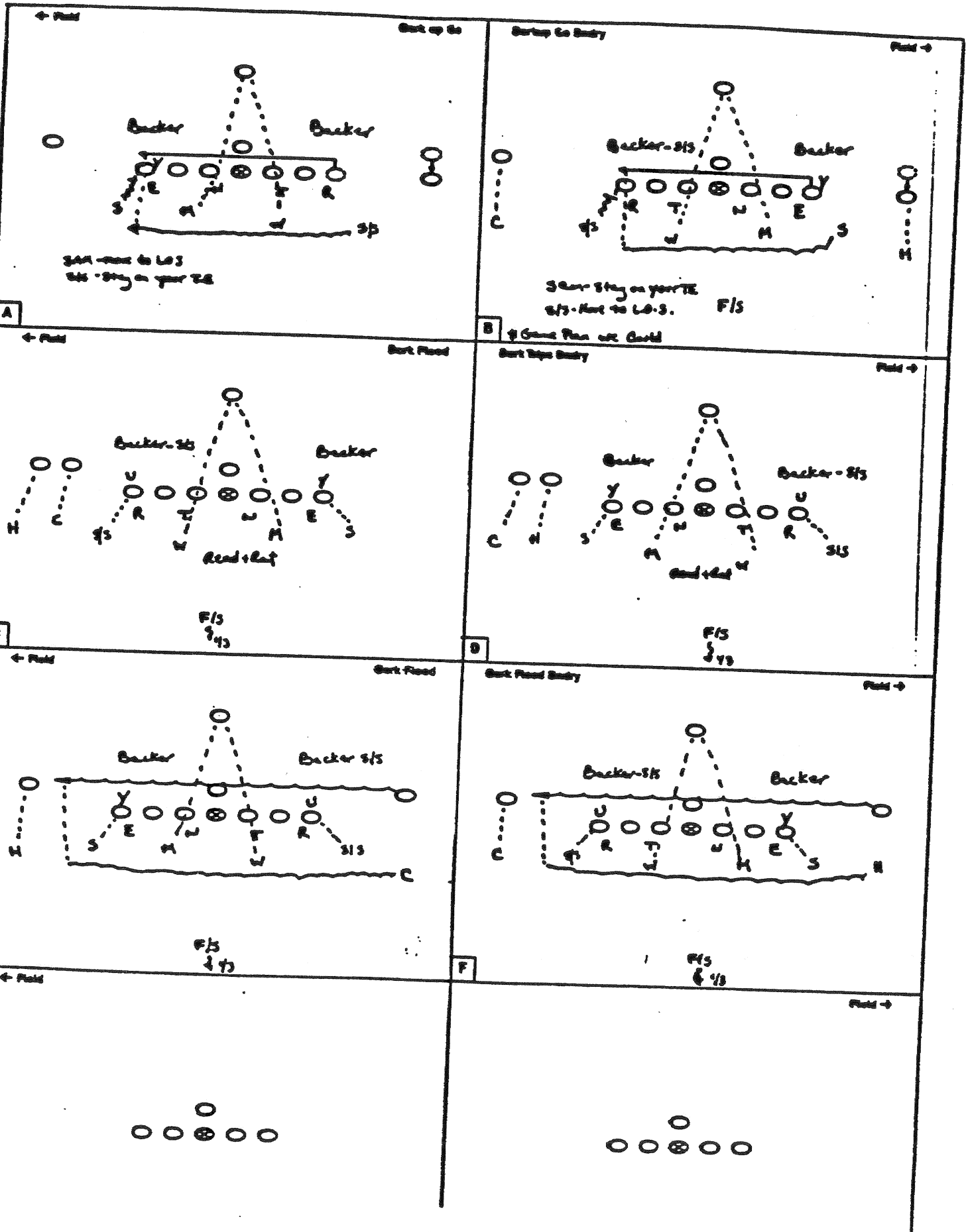
POS	ALIGN	KEY	RUN TO	RUN AWAY	SHOW PASS	FLOW PASS TO	FLOW PASS AWAY
RUSH END	6I	TE	C GAP	C GAP CHASE CONTAIN	RUSH CONTAIN	→	
ZIP END	6I	TE	C GAP	C GAP CHASE CONTAIN	RUSH CONTAIN	→	
3 TECH	3	O.G.	B GAP	B GAP	B GAP RUSH	→	
NOSE	2I	O.G.	A GAP	A GAP	A GAP RUSH	→	
SAM	2 BY 2 OFF TE	TE	PRIMARY D GAP	SLOW FLOW BOOT/SALLY	TE MAN	→	
MACK	B GAP 2 1/2 YARDS	FLOW OF BACKS	B GAP	SHUFFLE STACK	READ & RAT	→	
WILL	30	FLOW OF BACKS	A GAP	SHUFFLE STACK A GAP	READ & RAT	→	
SS	2 BY 2 OFF 2ND TE	TE	PRIMARY D GAP	SLOW FLOW BOOT/SALLY	TE MAN	→	

BLACK

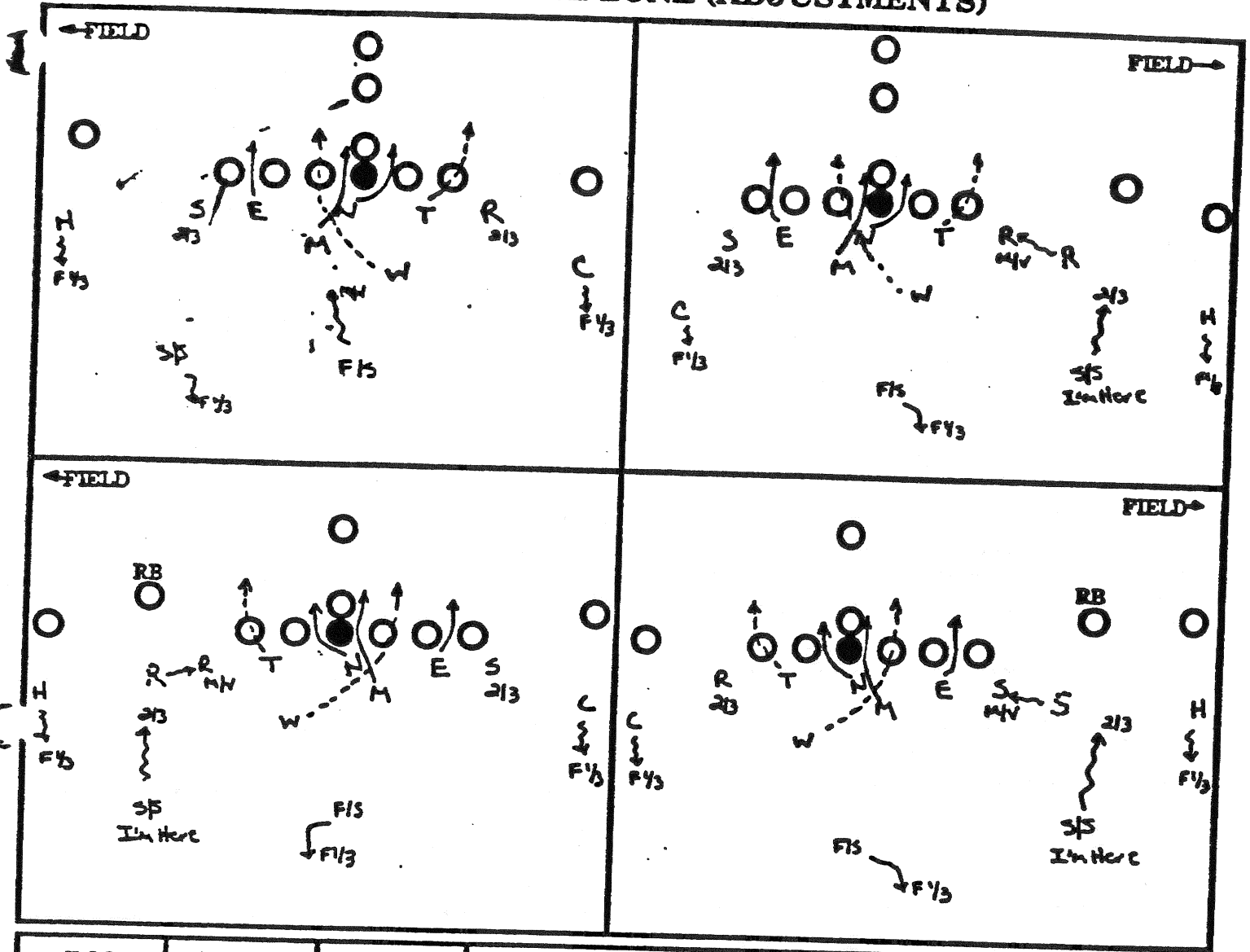


12 Personnel - 1 Backs - 2 I.E.: (2 W.R.) Both T.E.s start on the LOS

BLACK

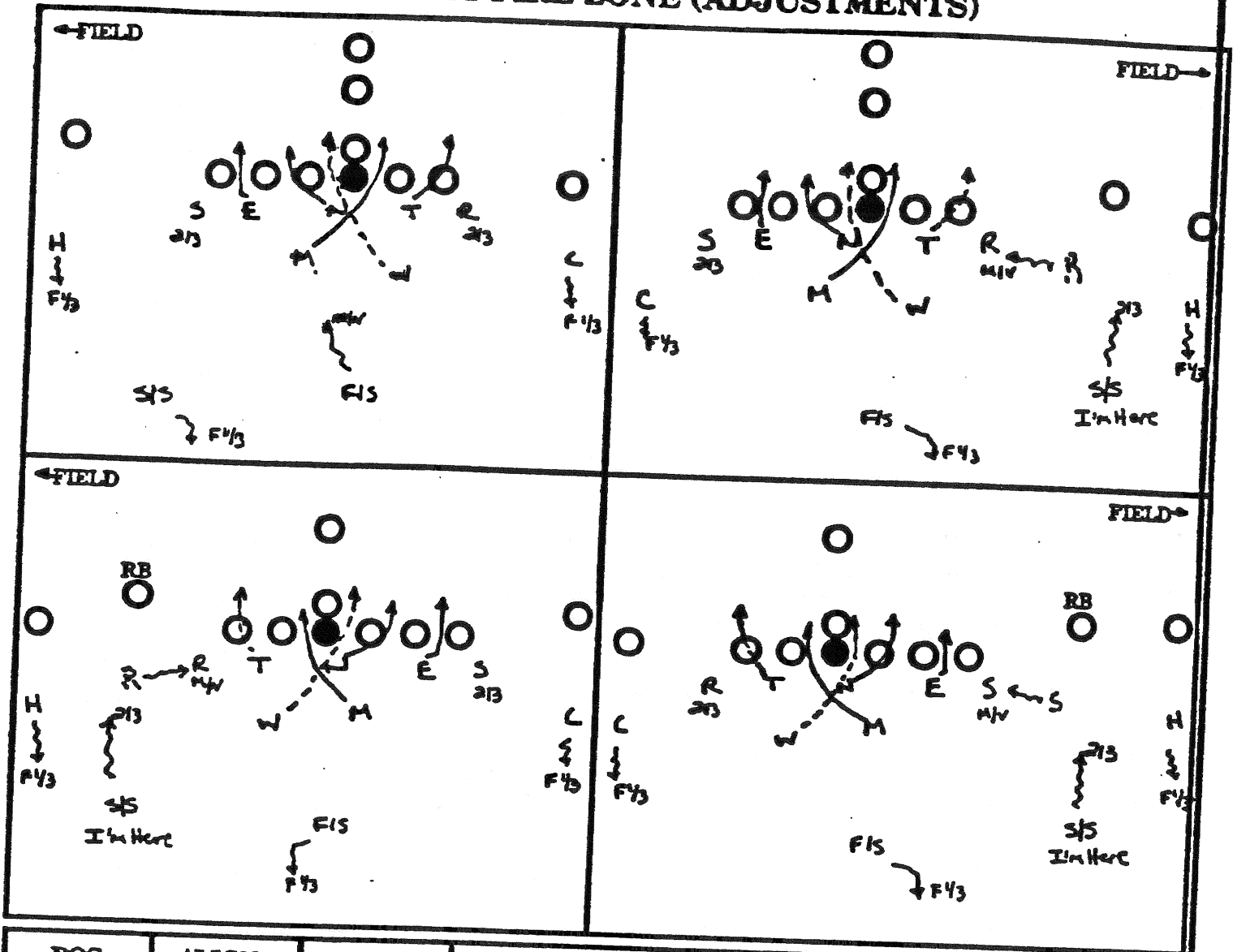


ZIP TARGET FIRE ZONE (ADJUSTMENTS)



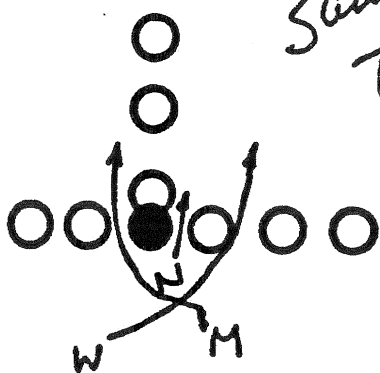
POS	ALIGN	KEY	RUN SUPPORT	PASS TECHNIQUE
RUSH	GHOST	BALL TO BACKS	RUN TO: PRIMARY RUN AWAY: FOLD CUTBACK	2/3- MATCH #2 TO #3 FM HERE- MV MATCH #3
SAM	9	TE TO BACKS	RUN TO: PRIMARY RUN AWAY: SLOW FOLD	2/3- MATCH #2 TO #3 FM HERE- MV MATCH #3
SS	COVER 2 DISGUISE	BALL TO WR'S	ALLEY	DEEP MIDDLE 1/3 FIRE ZONE RULES
FS	COVER 2 DISGUISE	BALL TO #3	FAST FIT TO BALL (MV)	MIDDLE VERTICAL
CORNERS	PRESS TO BASE	#1	SECONDARY	DEEP OUTSIDE 1/3 FIRE ZONE RULES

ZIP BULLET FIRE ZONE (ADJUSTMENTS)



POS	ALIGN	KEY	RUN SUPPORT	PASS TECHNIQUE
RUSH	GHOST	O.T TO BALL	RUN TO: PRIMARY RUN AWAY: FOLD CUTBACK	2/3- MATCH #2 TO #3 I'M HERE- MV MATCH #3
SAM	9	TIE TO BACKS	RUN TO: PRIMARY RUN AWAY: SLOW FOLD	2/3- MATCH #2 TO #3 I'M HERE- MV MATCH #3
SS	COVER 2 DISGUISE	BALL TO WR'S	ALLEY	DEEP MIDDLE 1/3 FIRE ZONE RULES
FS	COVER 2 DISGUISE	BALL TO #3	FAST FIT TO BALL (MV)	MIDDLE VERTICAL
CORNERS	PRESS TO BASE	#1	SECONDARY	DEEP OUTSIDE 1/3 FIRE ZONE RULES

Zip Missile F.Z.



Same as Target Bullet

COACHING POINTS

N.G.: penetrate A gap with gp charge

Mack: Desquise Align with Target Look

POS	ALIGN	KEY	RUN TO	RUN AWAY	SHOW PASS	FLOW PASS TO	FLOW PASS AWAY
RUSH END							
ZIP END							
3 TECH							
NOSE	i	Ball	A gap	A gap	A gap Rush	→	
SAM							
MACK	Tite 30	Ball	Backside A gap			→	
WILL	10 Align 4yds Deep	Ball	Frontside B gap			→	
SS							

21 Personnel - 2 Backs - 1 T.E.: (2 W.R.)

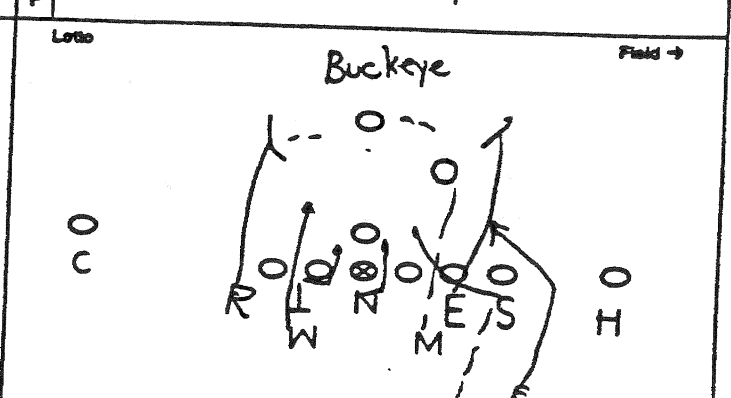
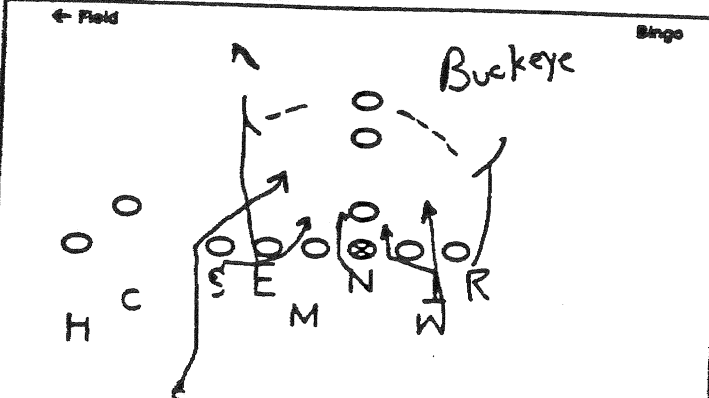
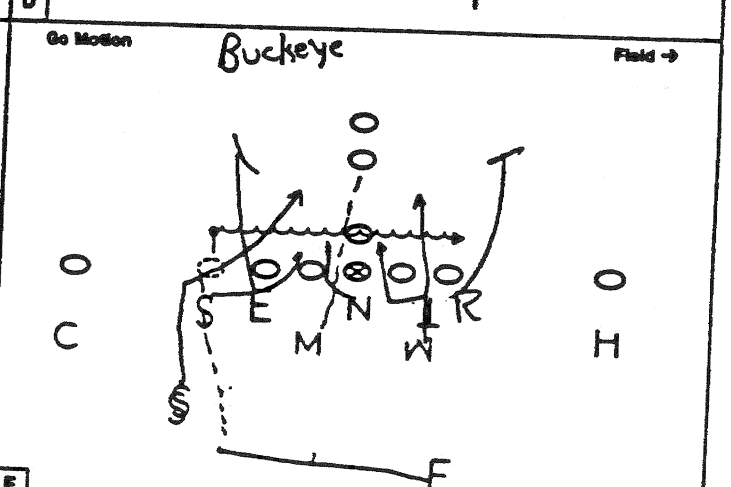
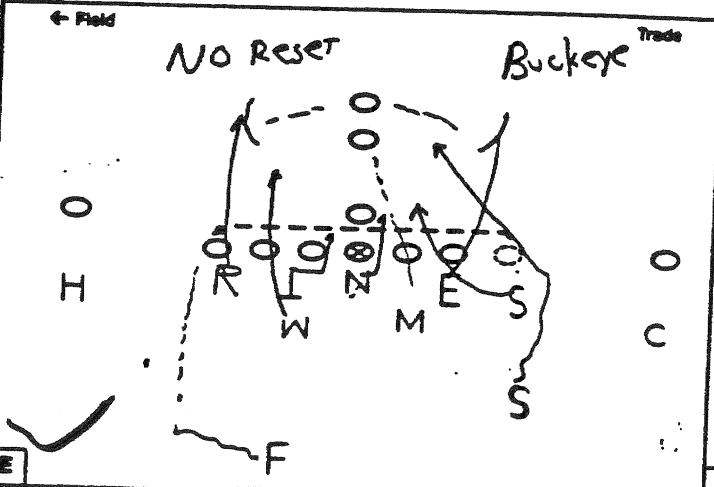
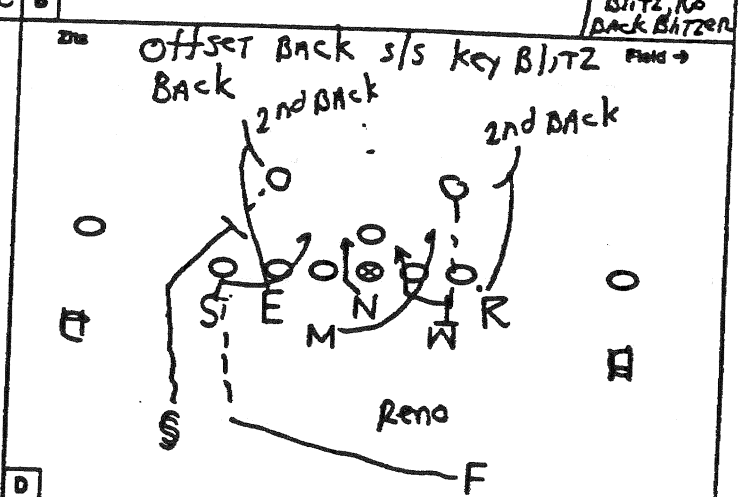
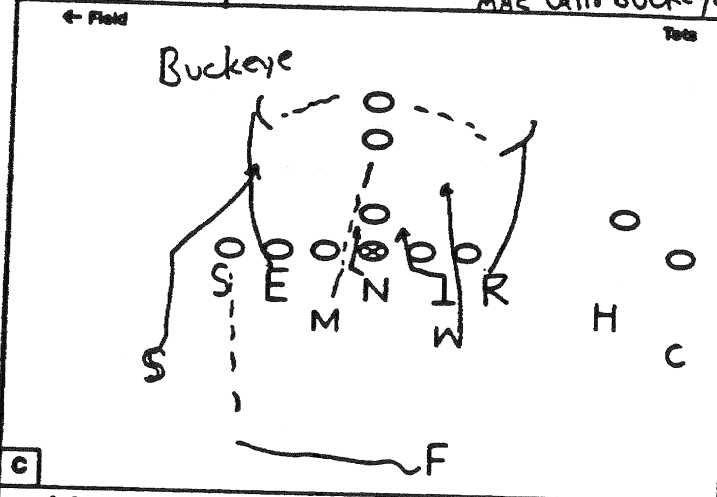
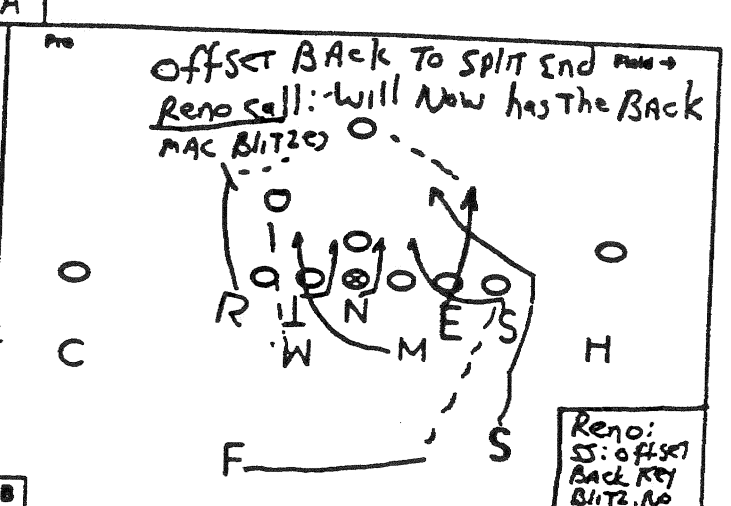
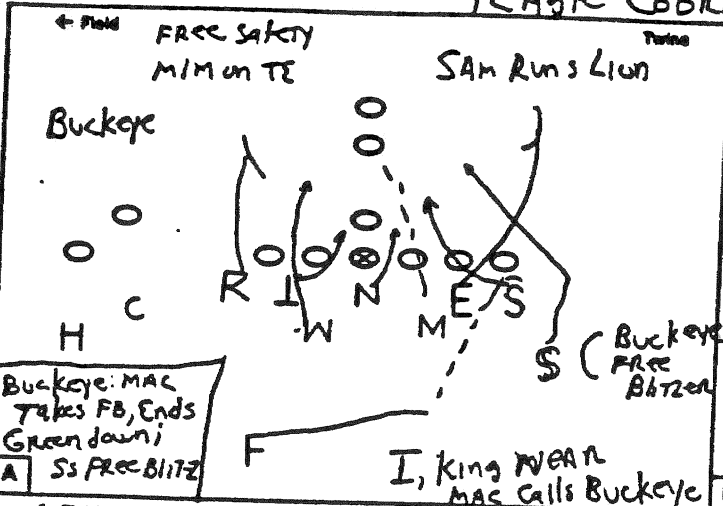
2 Back Formations

Buckeye: I Backs s/s FREE BLITZ

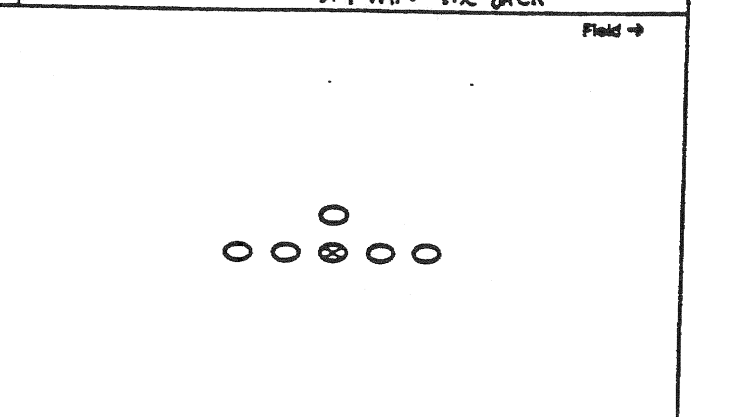
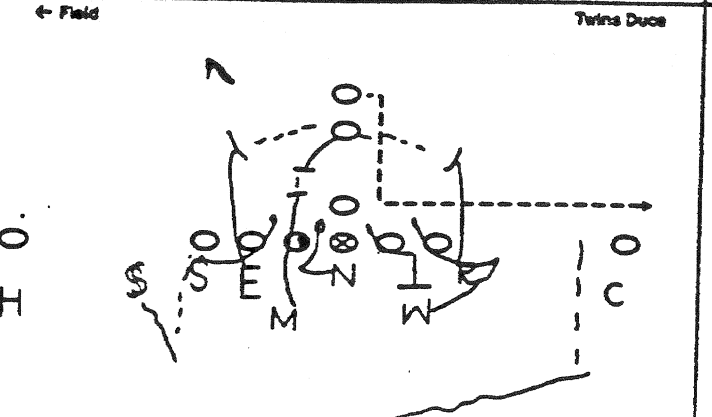
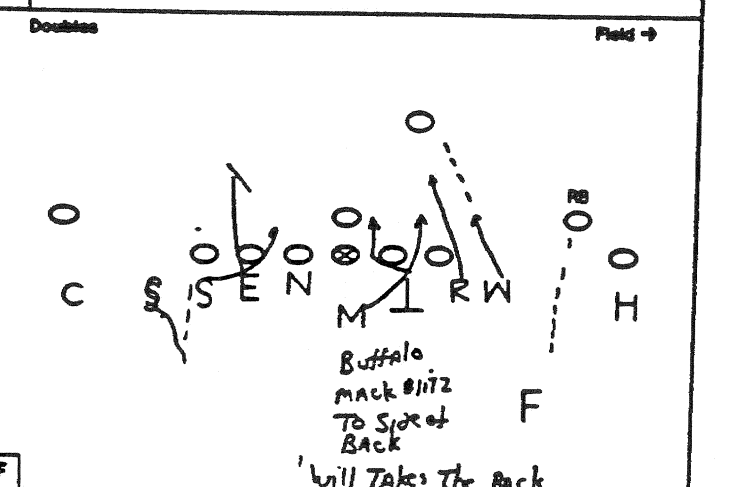
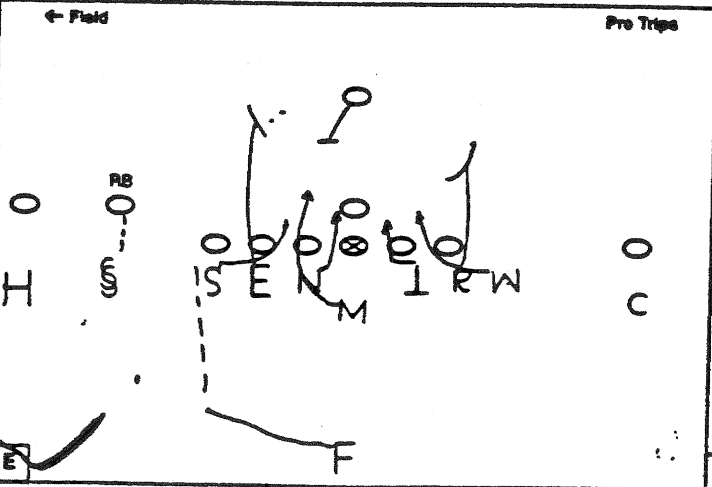
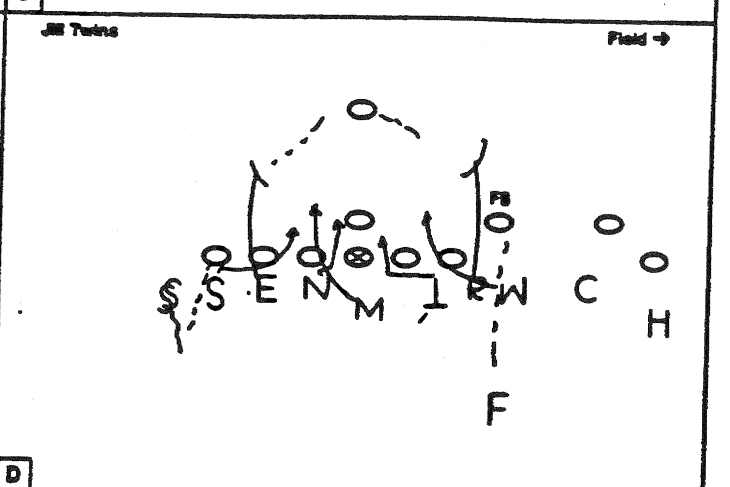
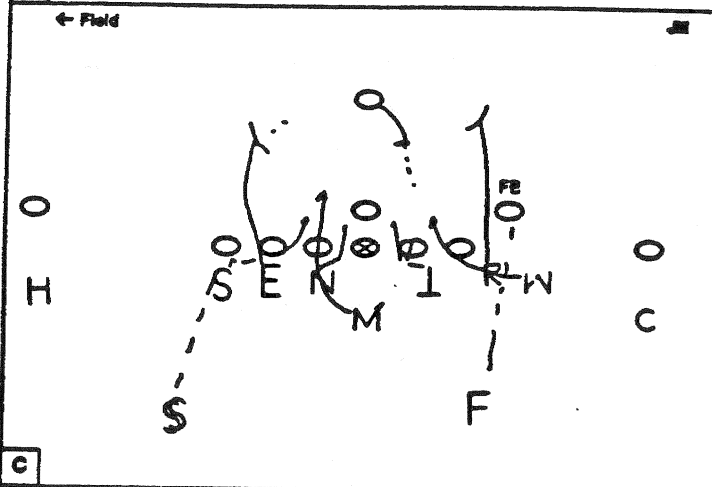
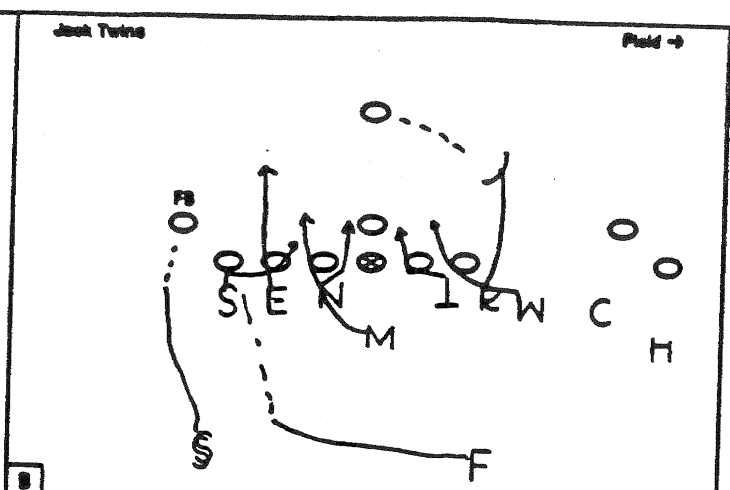
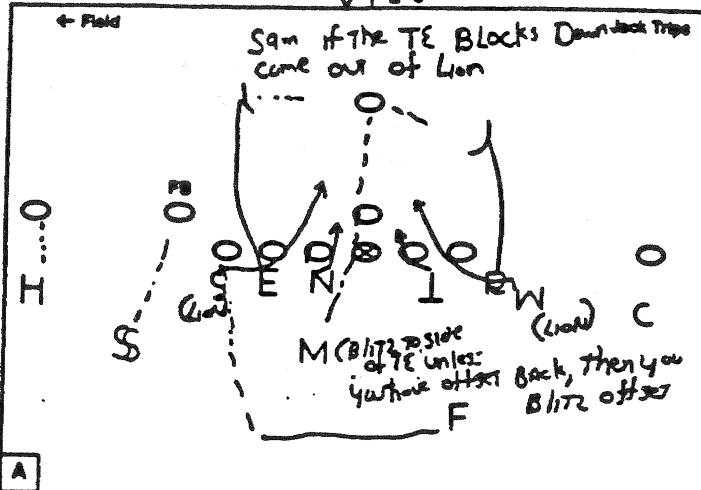
1 BACK SET / Plummer

Reno: NEAR OR SPLIT BACKS key BLITZ NEAR BACK "SS"

Eagle COBRA



PLUMMER



21 Personnel - 2 Backs - 1 T.E.: (2 W.R.)

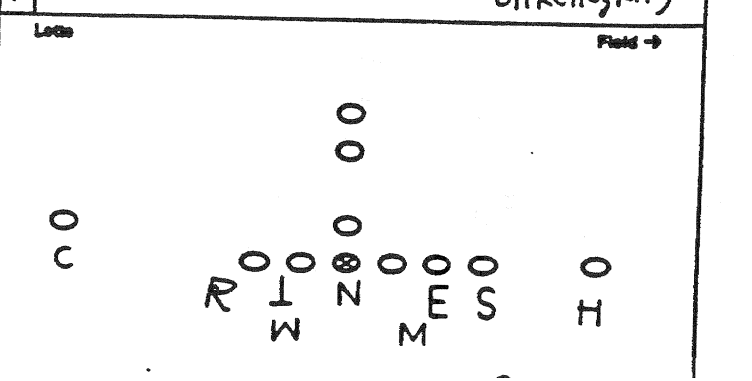
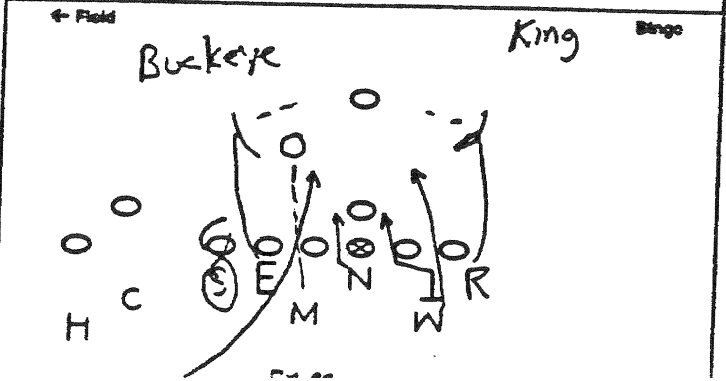
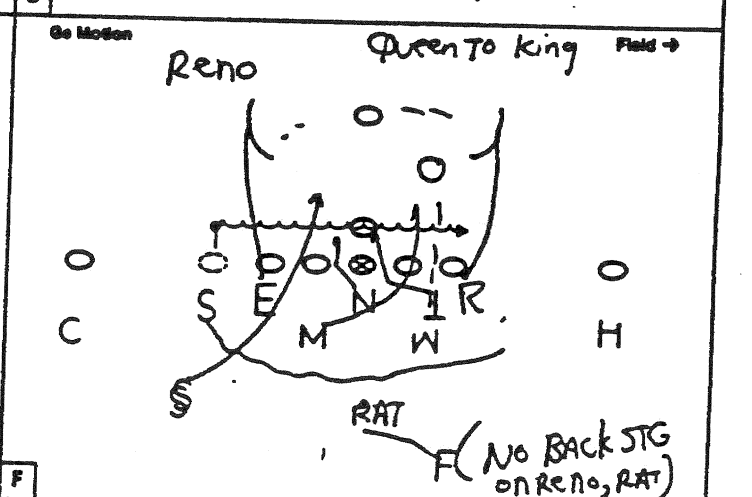
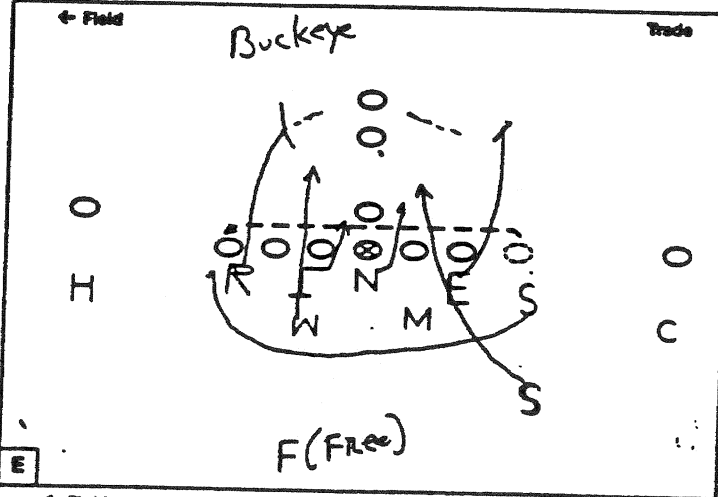
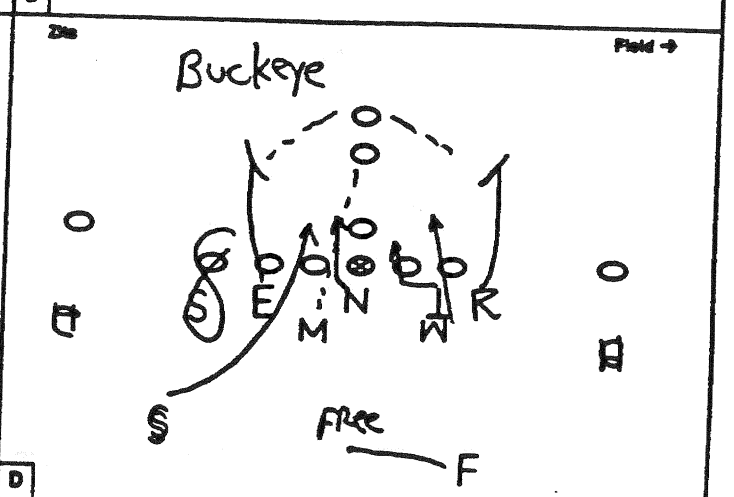
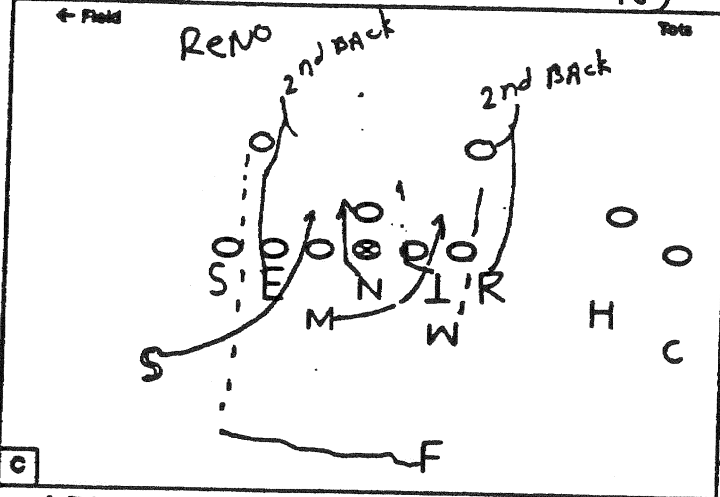
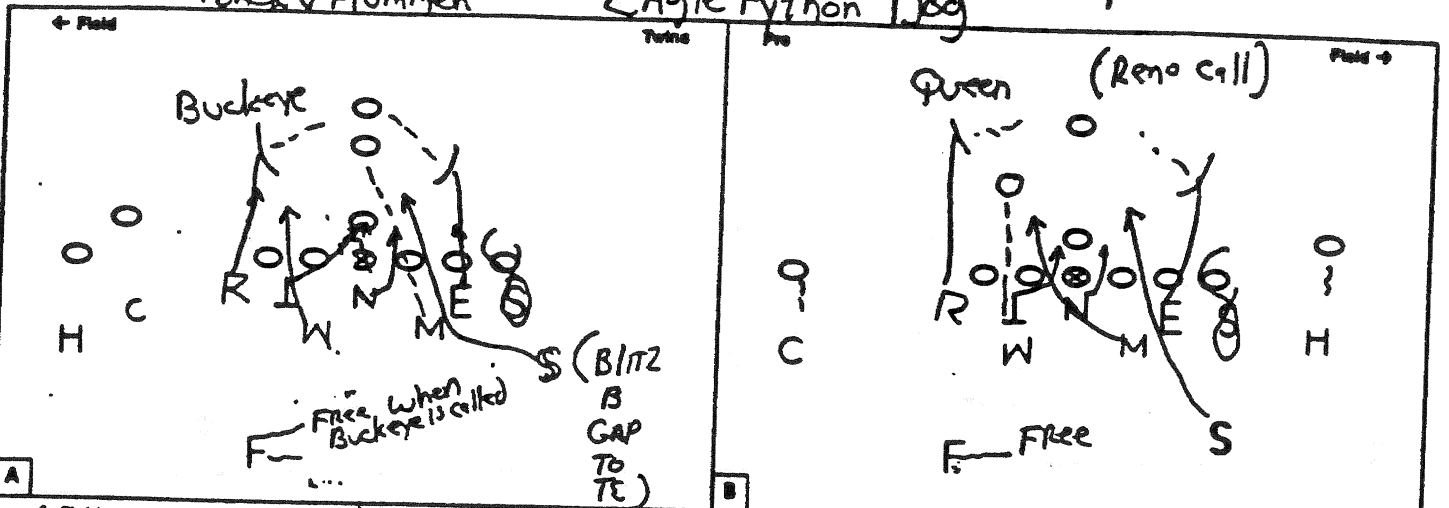
Free Safety: Any Time you have A Back and you hear Buckeye you are now a RAT. (I or King Formation)

2 Back Formations

1 Back J Plumm

Eagle Python Dog

T



OPPONENT: 5⁹ Bench Puch Bolt

DATE: _____

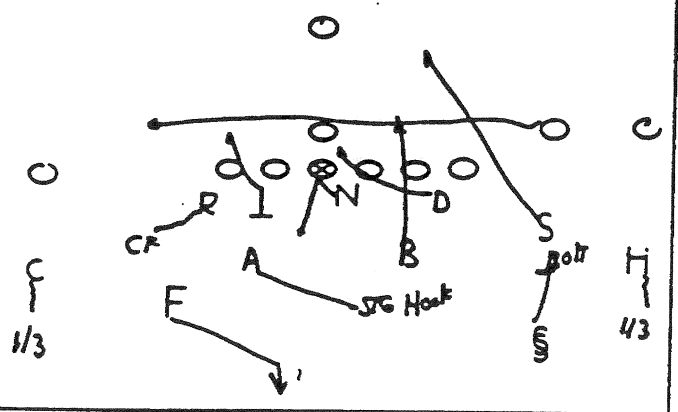
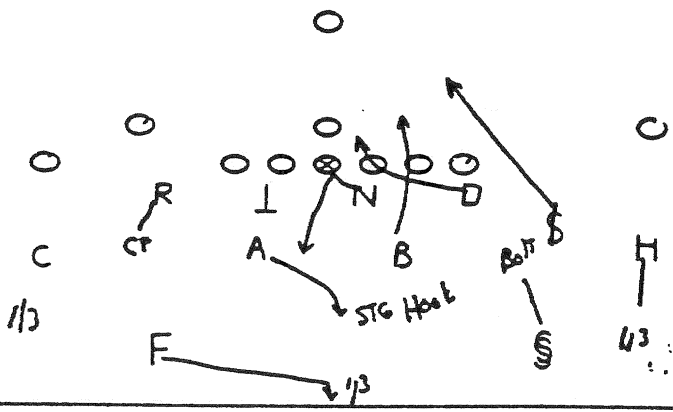
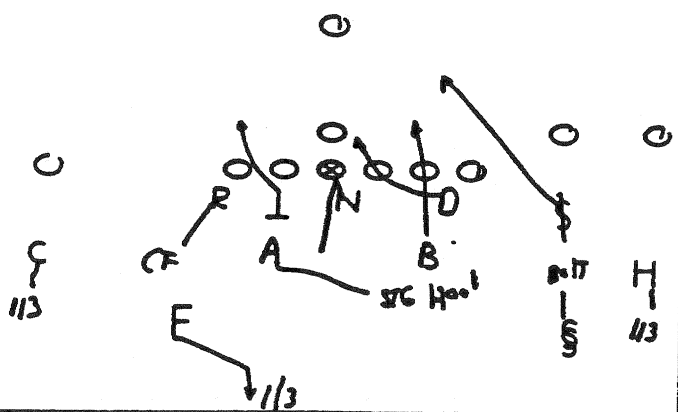
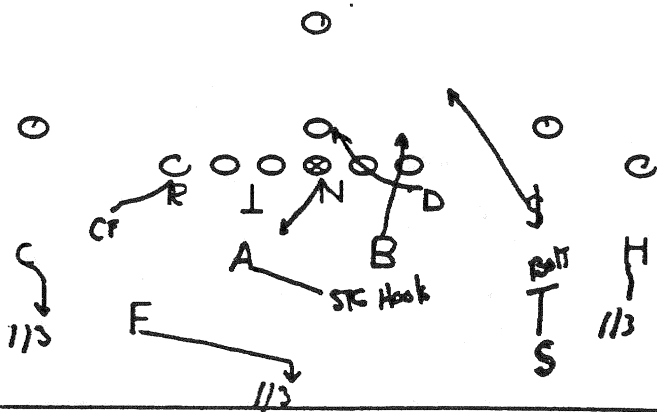
s/s Bolt Coverage

5⁹ BACK BLITZING FROM THE FIELD
Adjuster Aligns to Bench. you

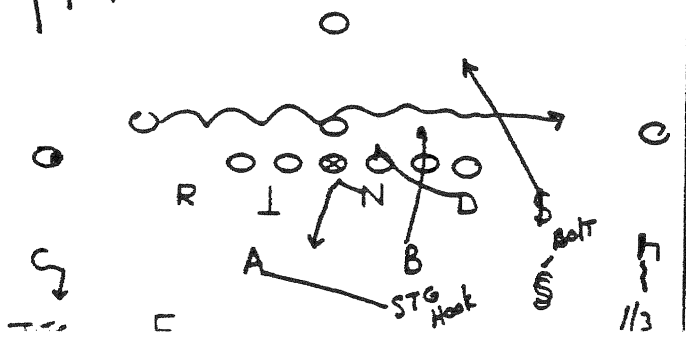


F

F



TRIPS



OPPONENT: 5th Bench Puch Bolt

DATE: _____

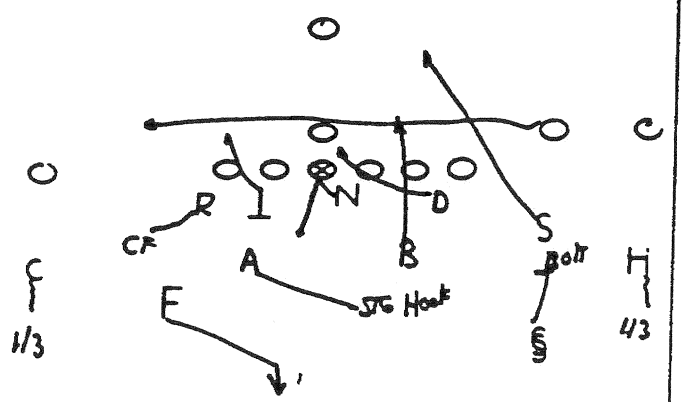
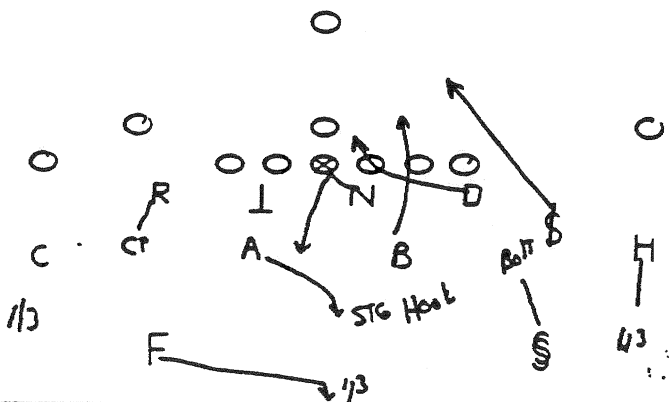
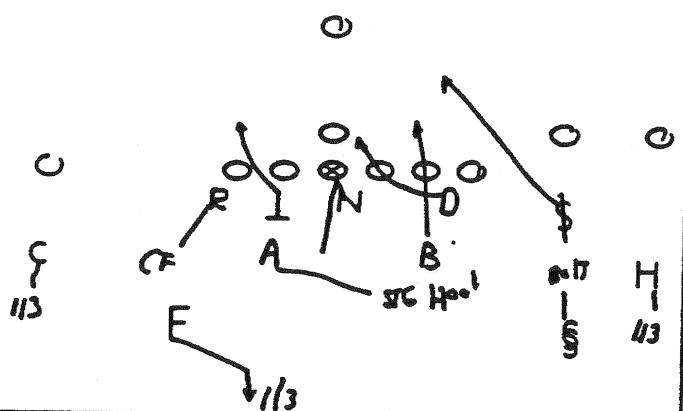
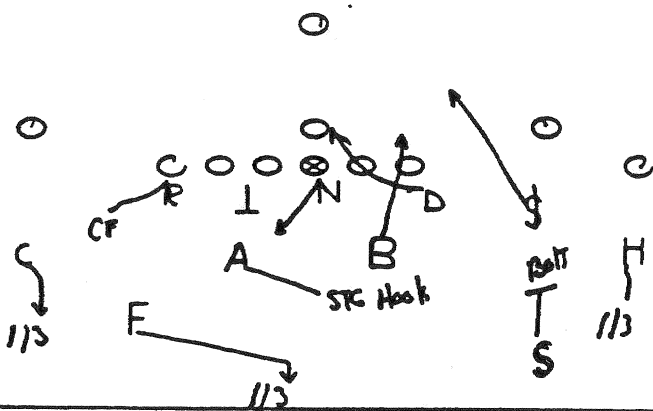
s/s Bolt Coverage

5th Back Blitzing From The Field
Adjuster Aligns To Bench. 400

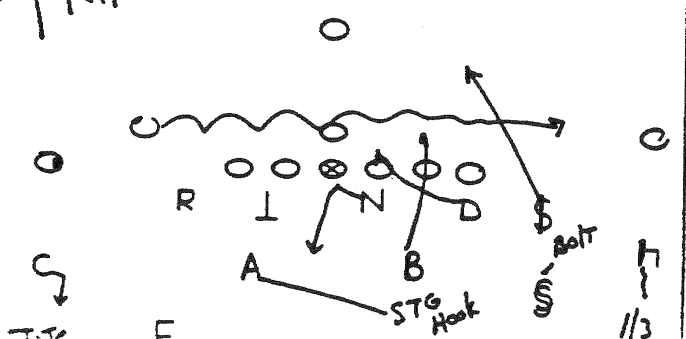


F

F



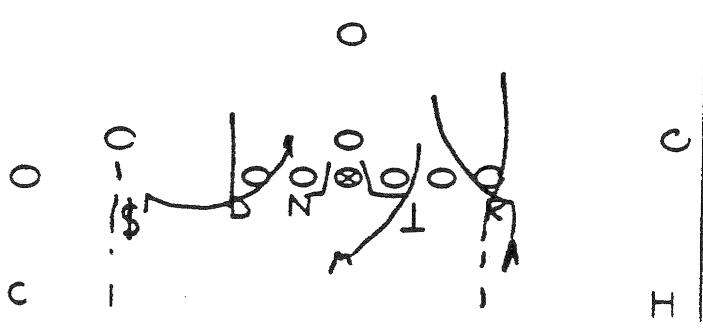
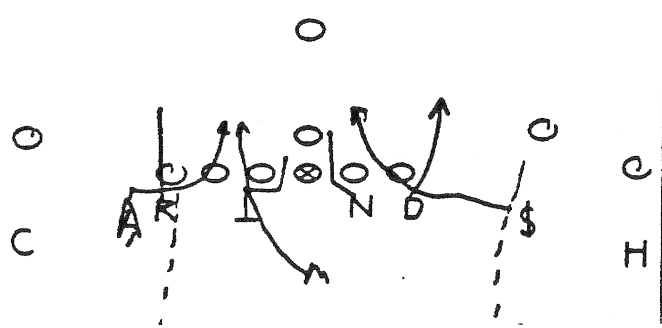
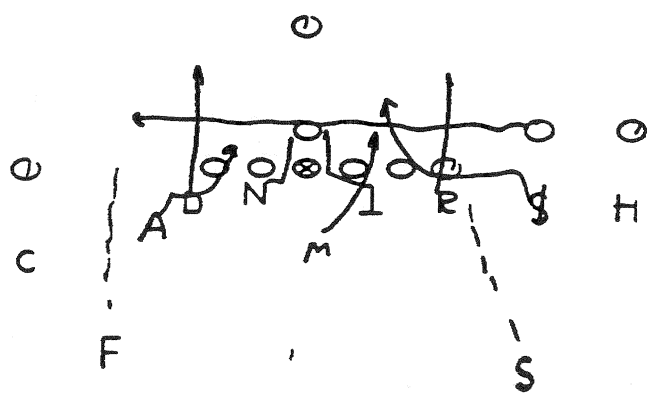
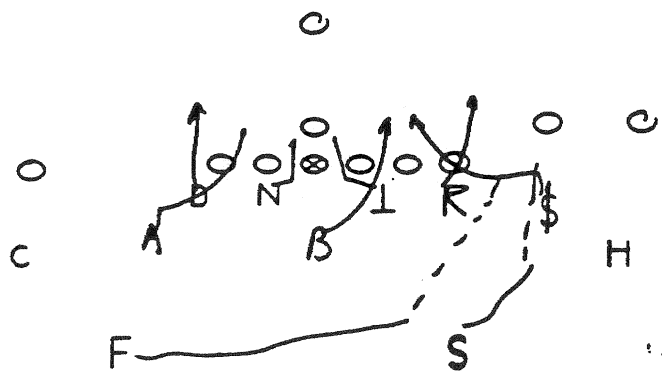
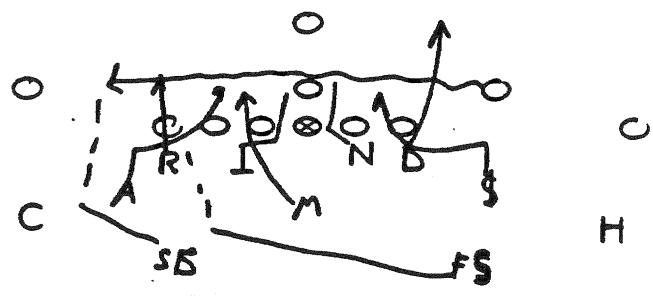
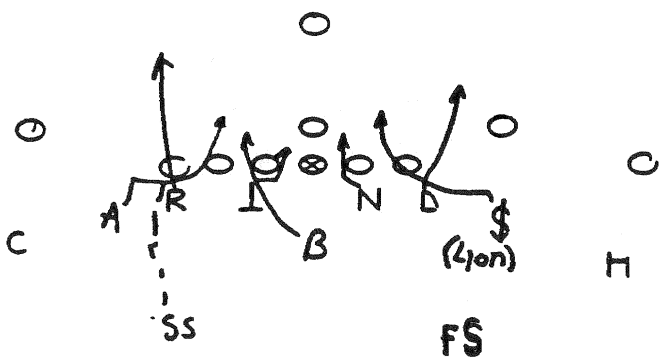
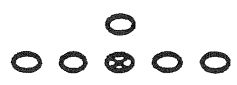
TRIPS



OPPONENT: 5⁺ plumen

DATE: _____

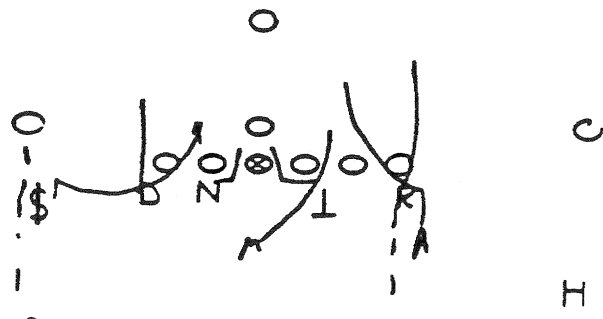
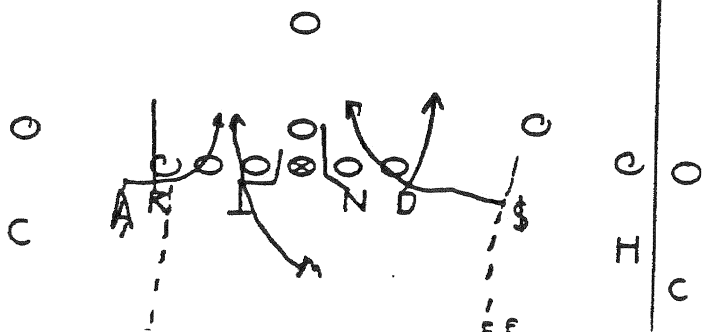
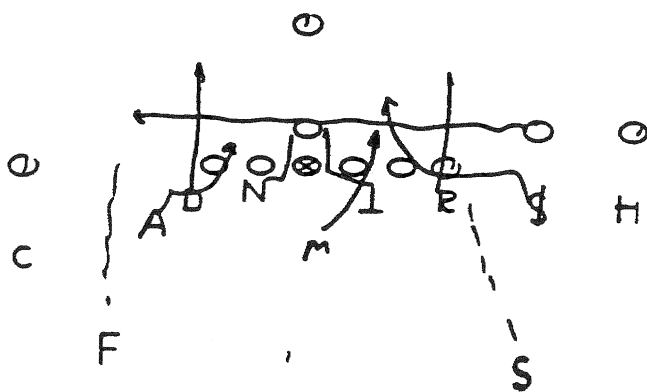
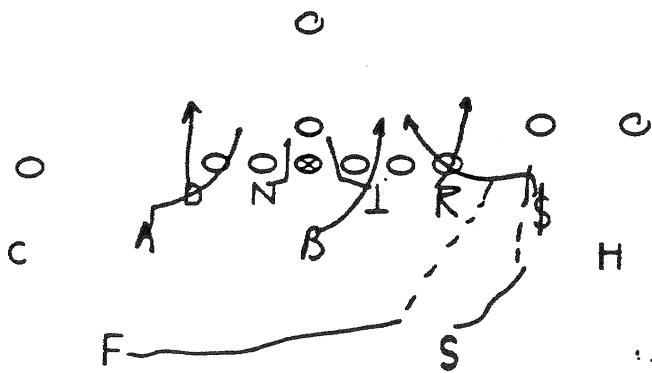
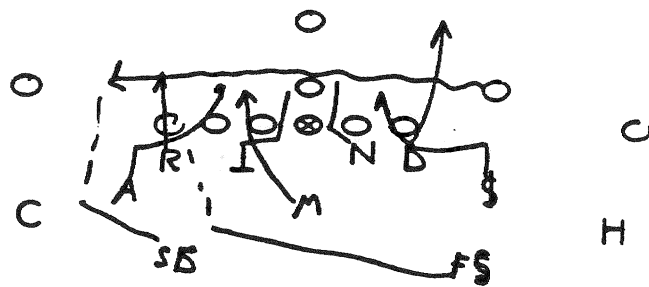
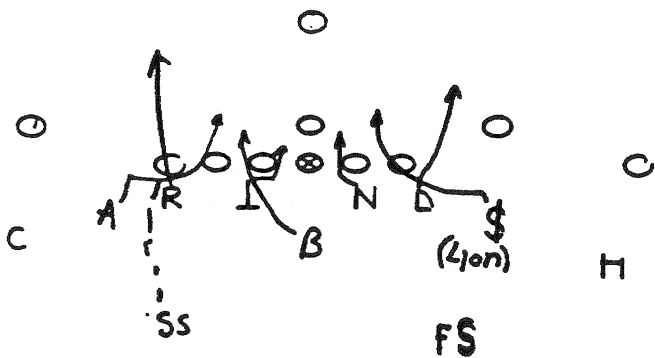
5⁺ you are running A Lion
STUNT which is the same as
STG FZ.



OPPONENT: 5⁴ plumm

DATE: _____

5⁴ you are running A Lion
Stunt which is the same as
STG FZ.



1998 Spring Practice # 6

FRONTS

30

COVERAGE

COMBO

2

ZONE THE #

FRONT ADJUSTMENTS

HUNT

FIRE ZONES

BEAR

FOX

30 FORMATION FZ

30 BANDIT FZ

CALLS

INSIDE/OUTSIDE

DEFENSIVE CALLS

30 HUNT COMBO

30 BEAR FZ

30 FOX FZ

30 FORMATION FZ

30 BANDIT FZ

Bench wreck 6

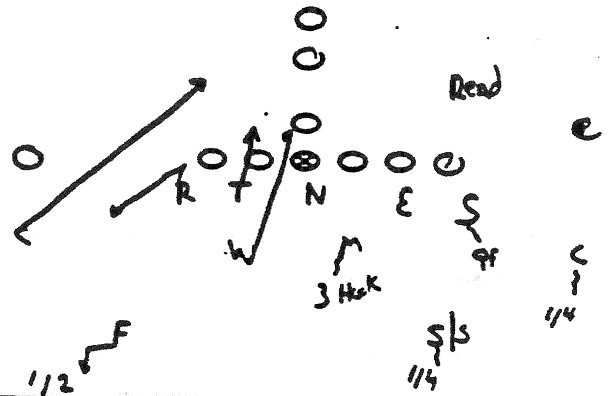
(F)

STANCE ALIGNMENT } This every play

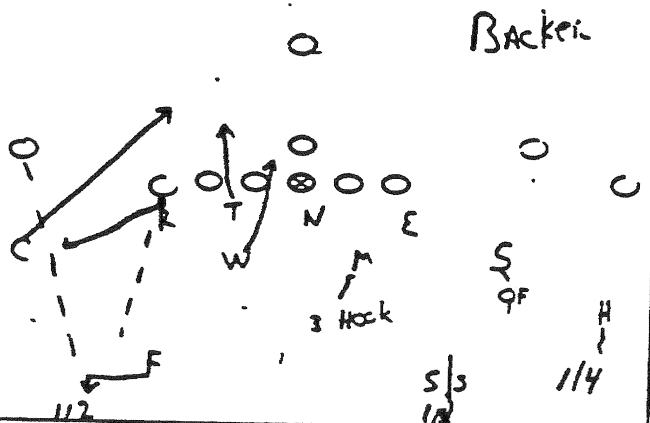
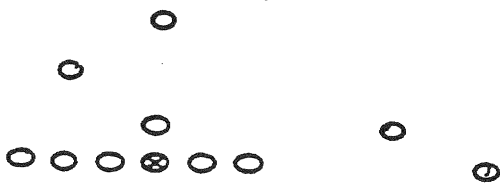
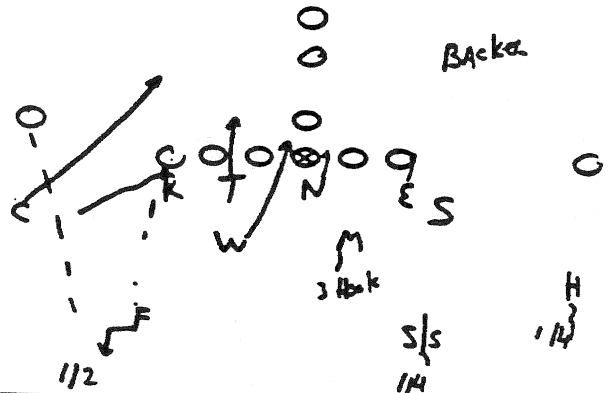
Read your keys: We are getting BETTER



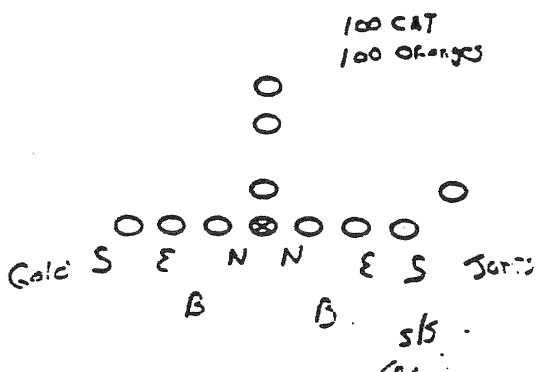
↓ SPLITS of Receivers: over and under splits.



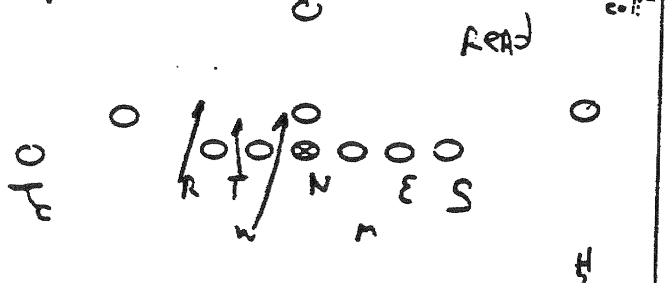
Desert ⌀ } BLUE
Eagle ⌀ }



Cover 8 = √3 VS King OR near



√ Twins VS 2 Detached



OPPONENT: Odd open angle Fz
 STUNT TO split end side. Safety
 Always 2/3 To split end side

DATE: Perch Michigan

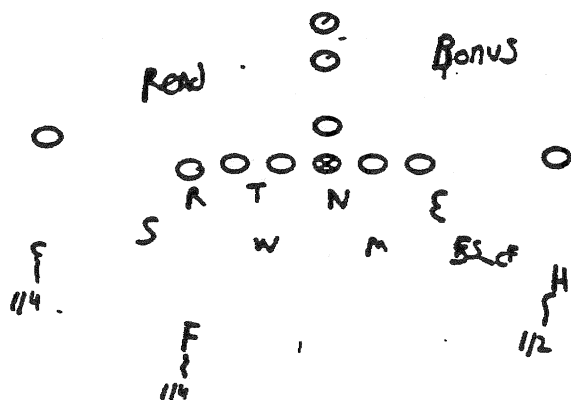
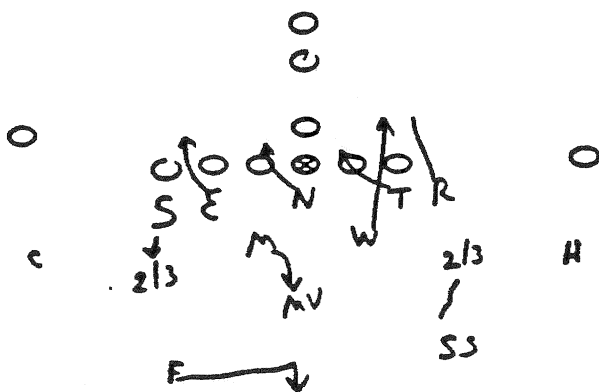
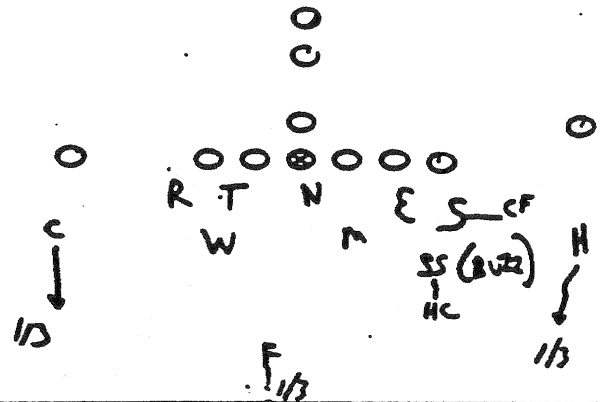
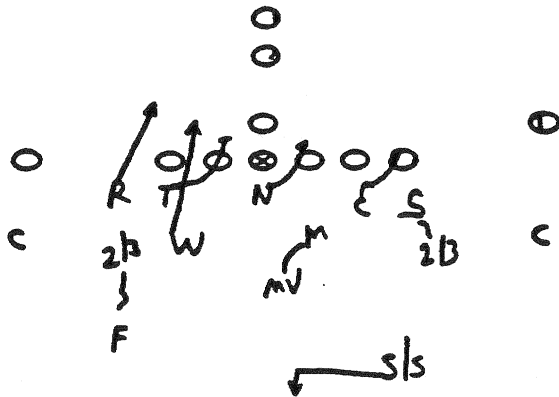
CORNER MATCH UP: PRO = BUZZ
 Tums = 8
 1 Back = Blue
 2 ITS = 6 sty



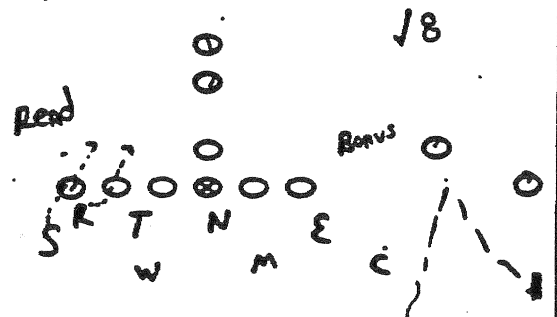
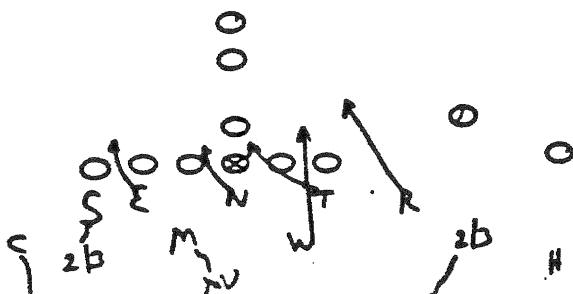
F



F



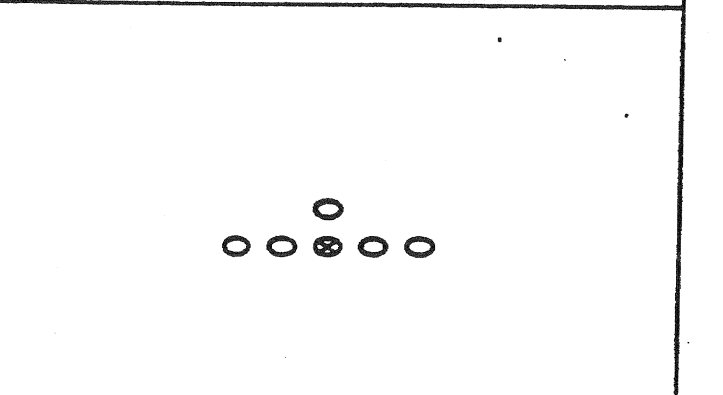
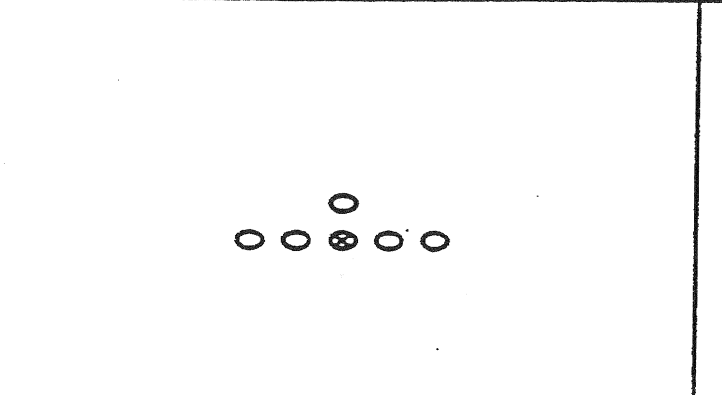
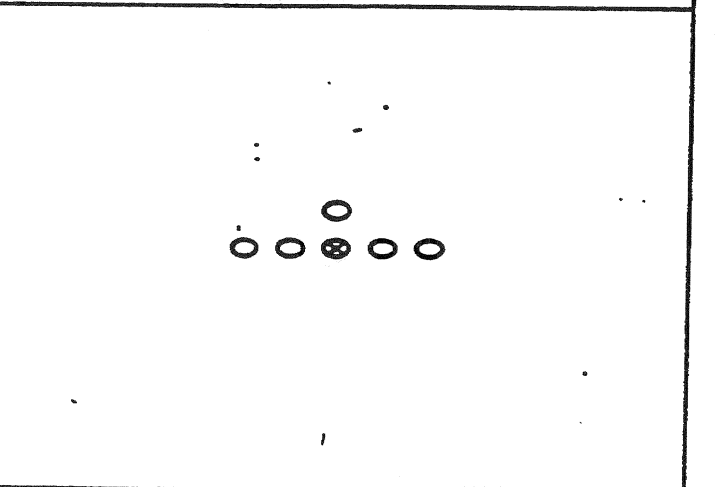
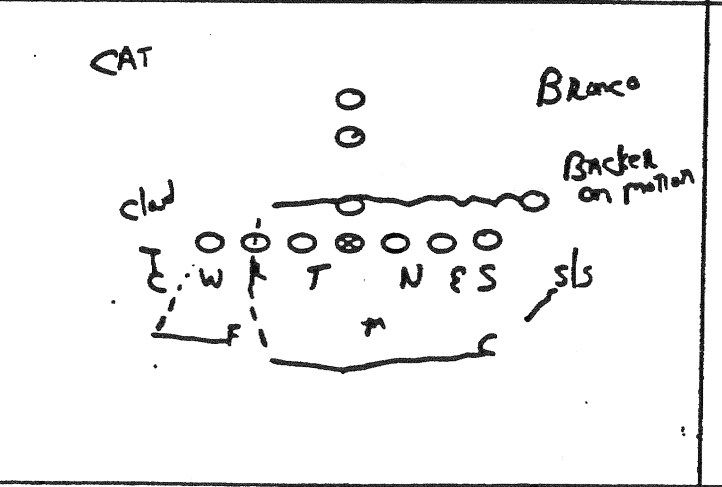
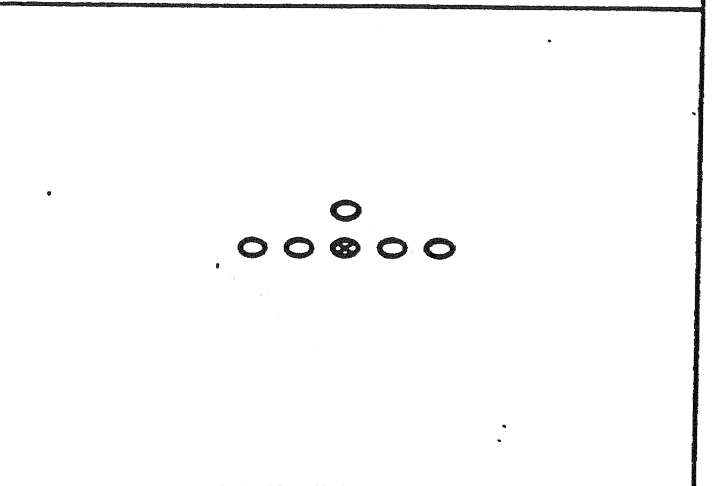
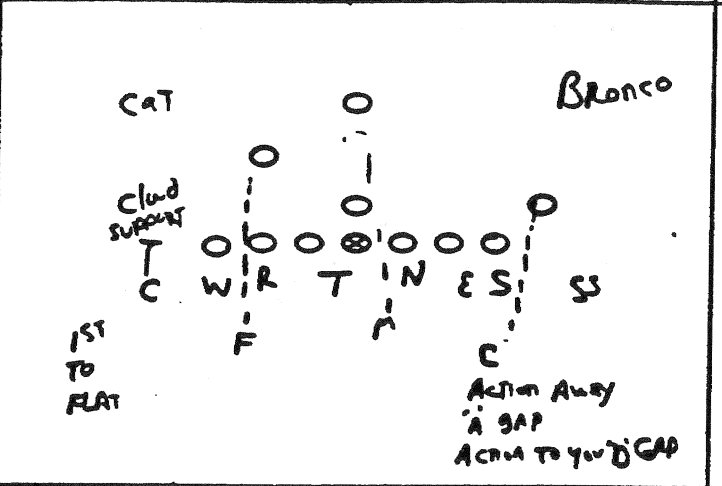
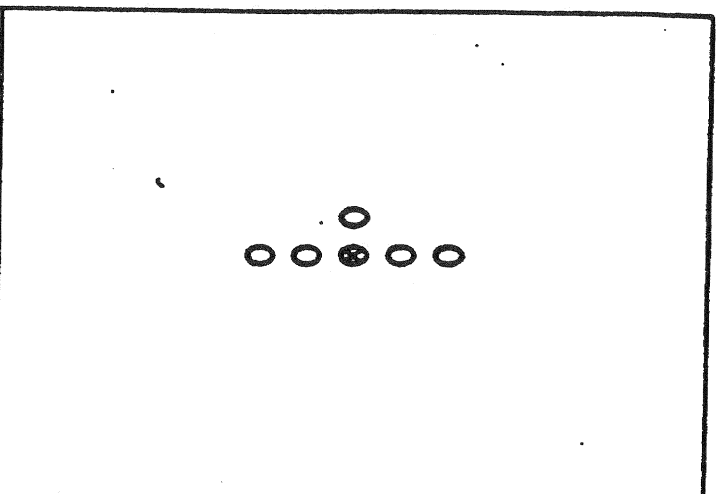
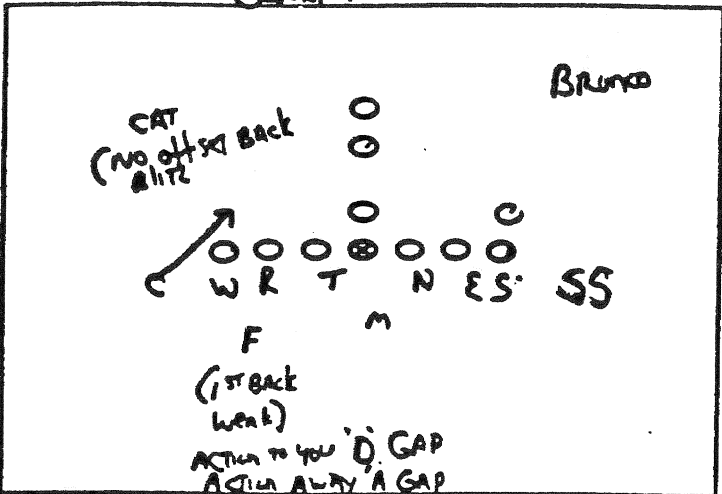
with A 3m roll, VS Tums THE 3m comes



OPPONENT: _____

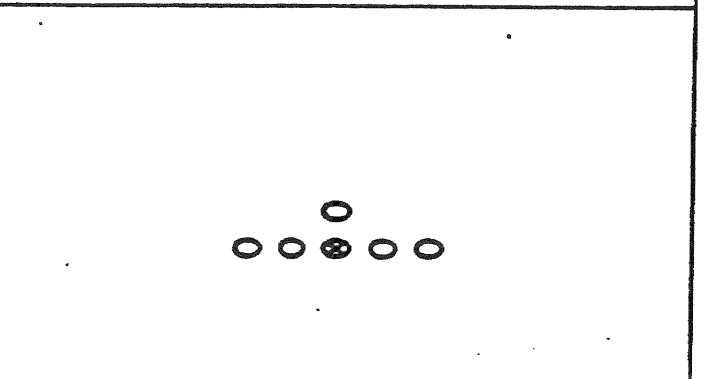
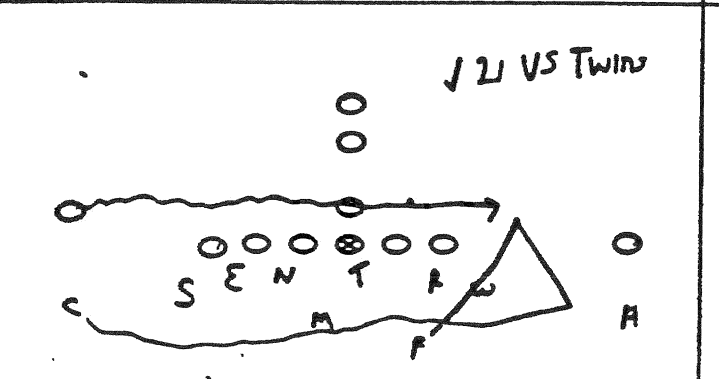
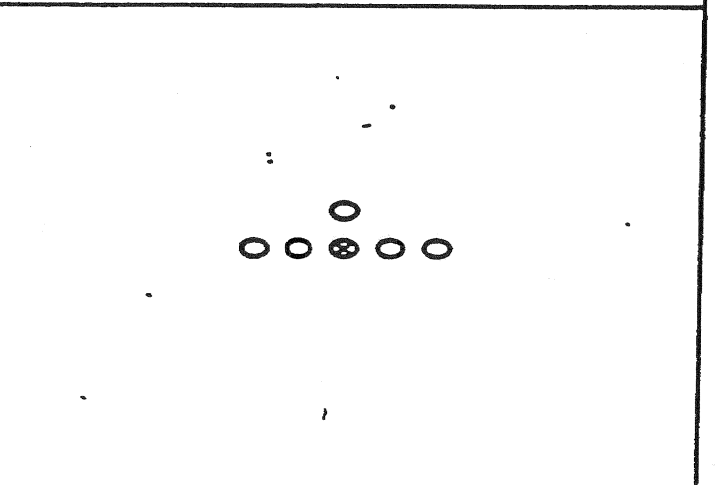
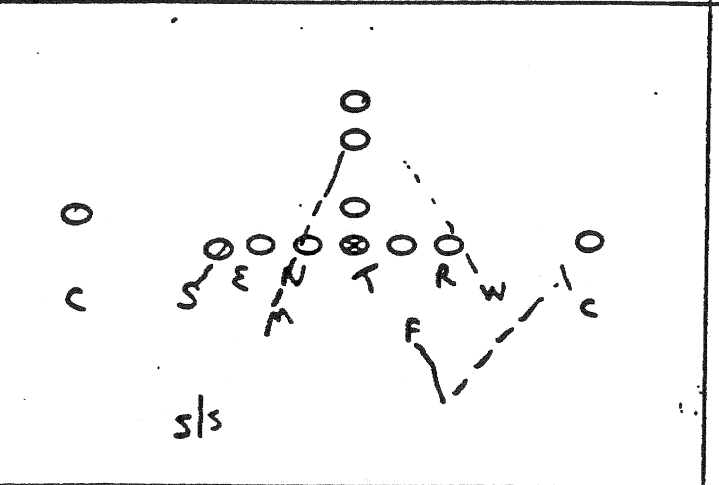
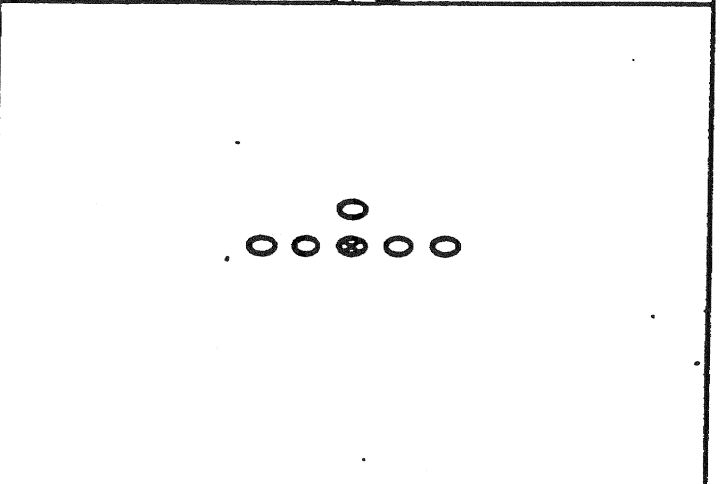
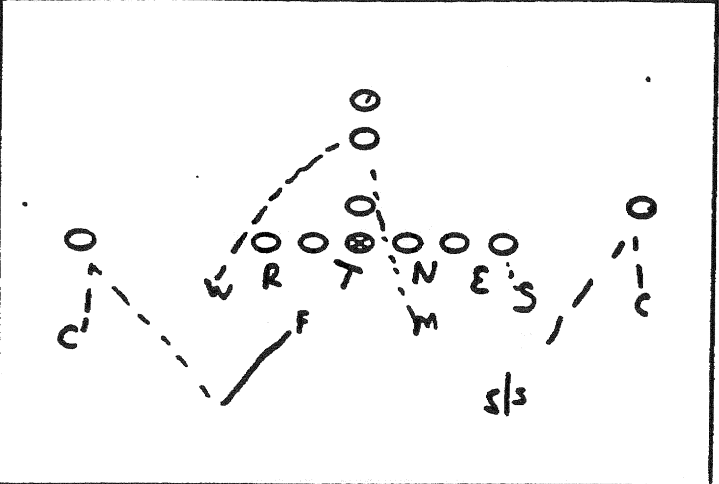
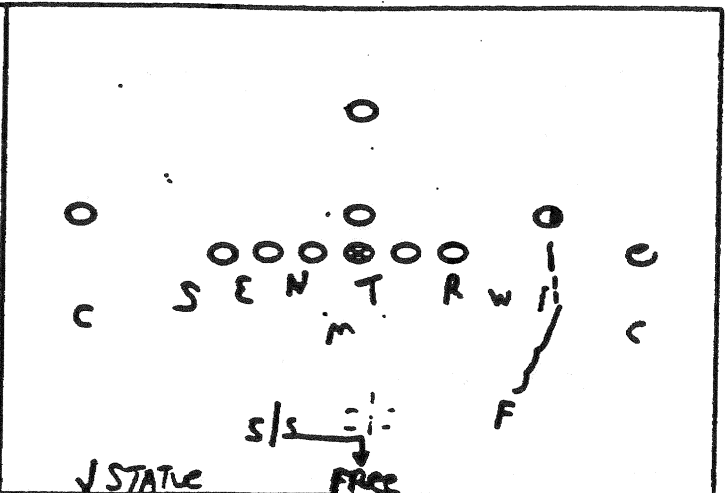
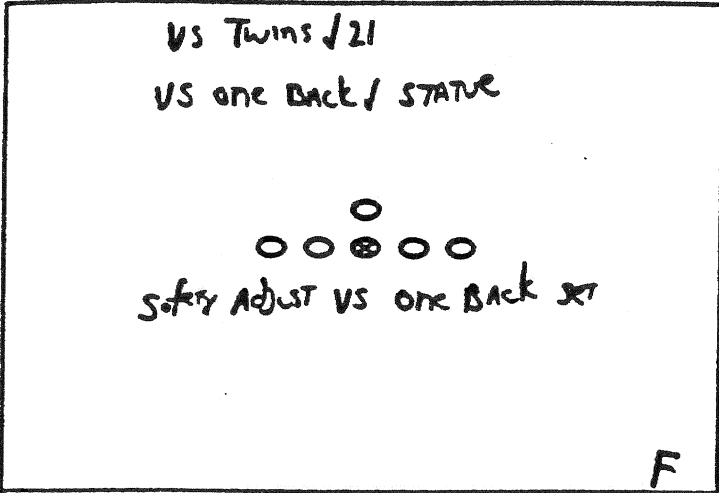
DATE: _____

DESERT 9



OPPONENT: Desert comb II

DATE: _____



OPPONENT: Desert Rattler Dog

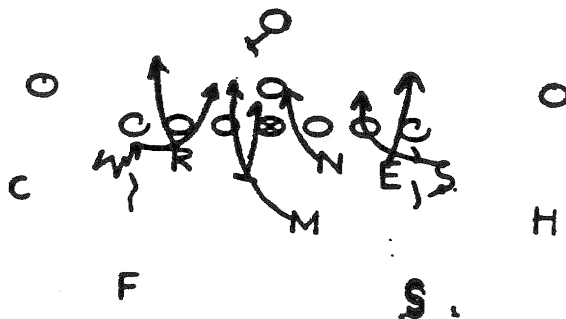
DATE: _____

FS BLITZ TE 'B' GP

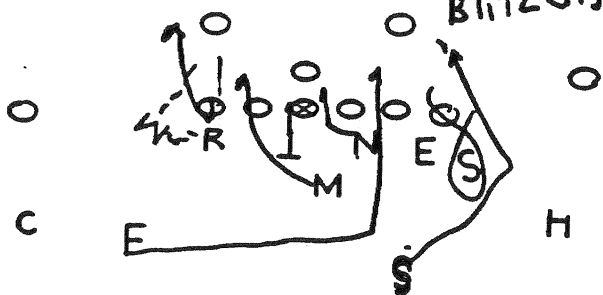
SS Same as COBRA. BLITZ off
The edge. vs SPLITTER NEAR BACK
BLITZ engage him. (Buckeye, Reno
with no offset) BACK FREE BLITZER

FS: If you BLITZ inside and The BACK
Blocks you Take him with you to
The QB

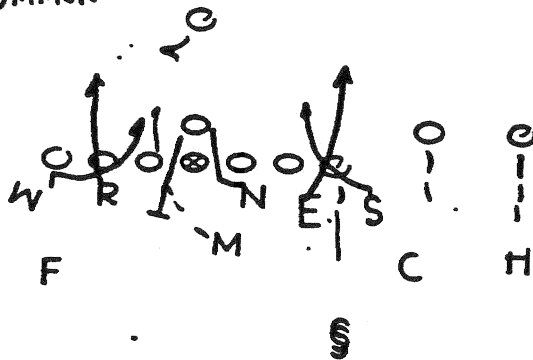
Plummen



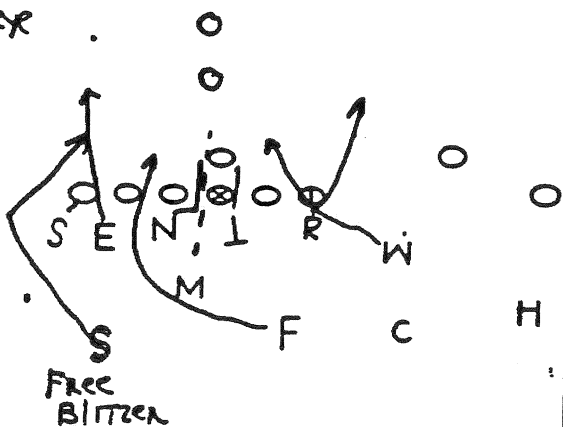
Reno
BLITZ engage



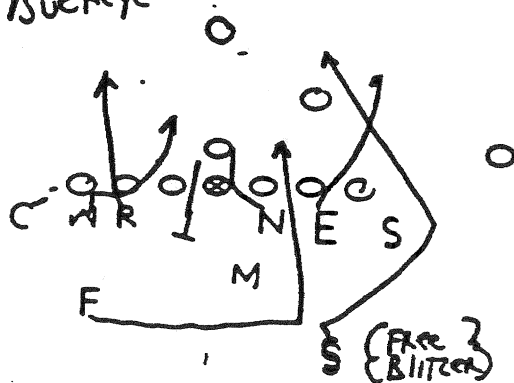
Plummen



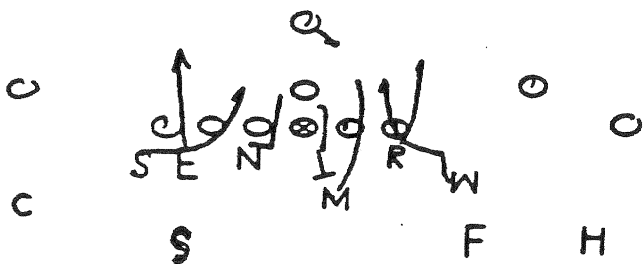
Buckeye



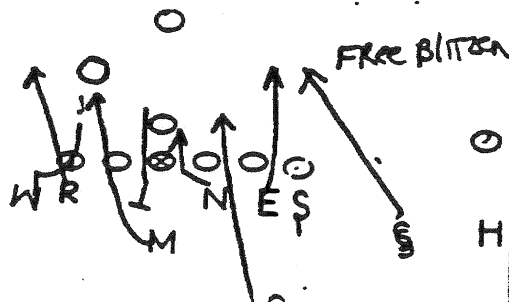
Buckeye



Plummen



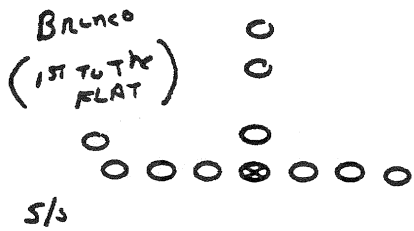
Reno



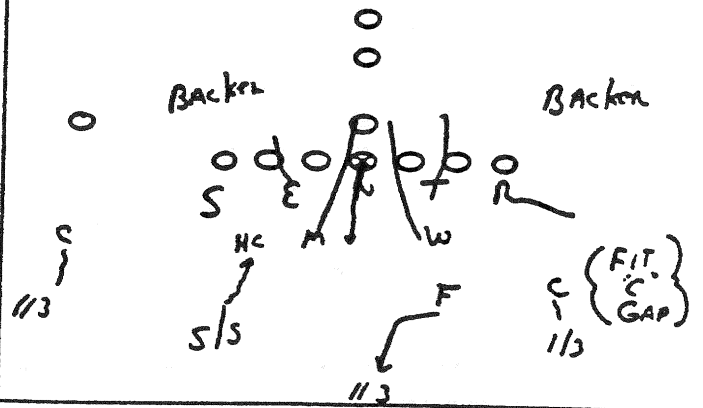
OPPONENT: April 2, 1998

DATE: Seattle 3 Backer

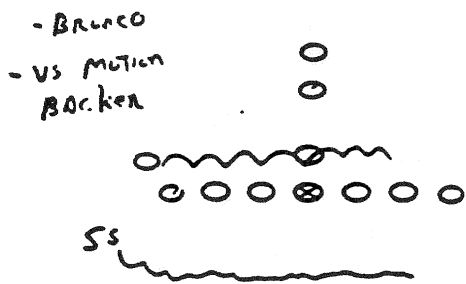
600 Dog



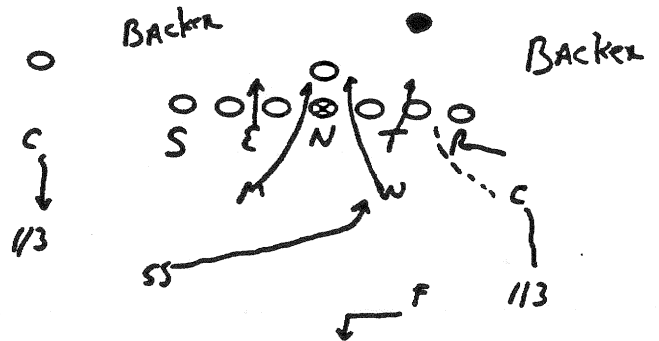
S/S Align to off set BACK



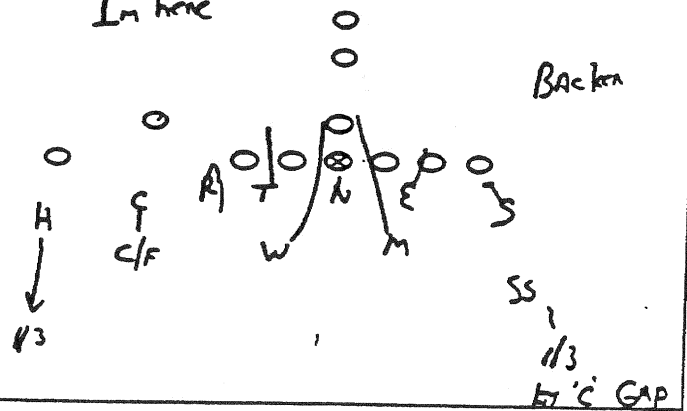
600 Dog



Key Back



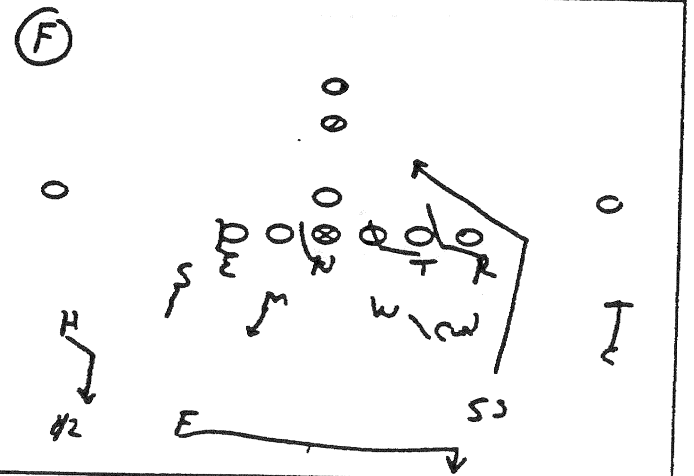
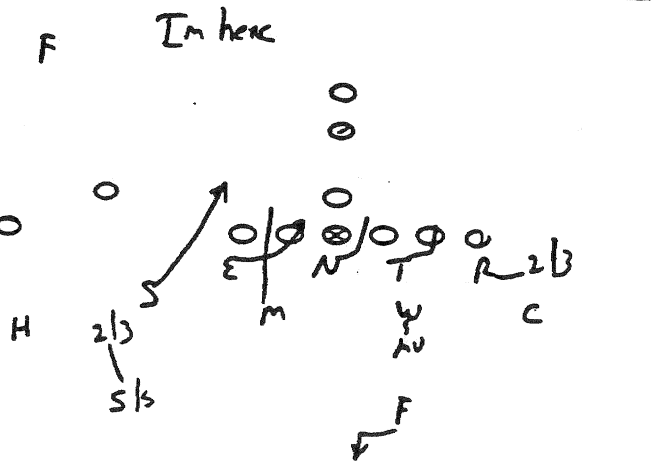
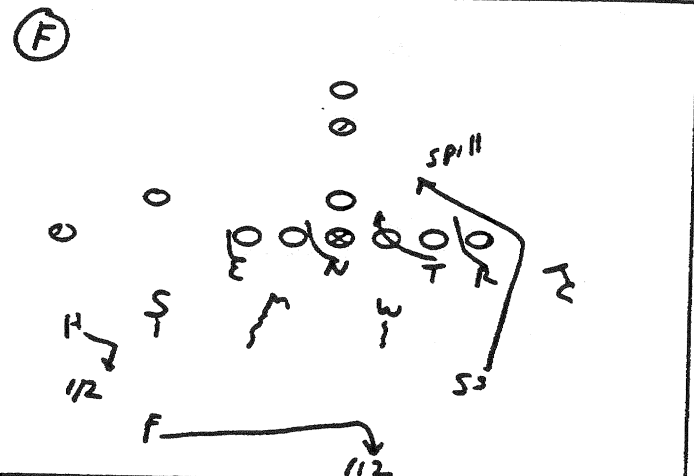
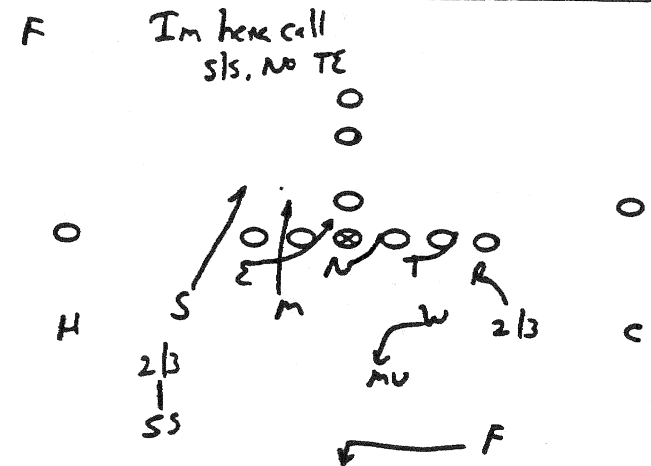
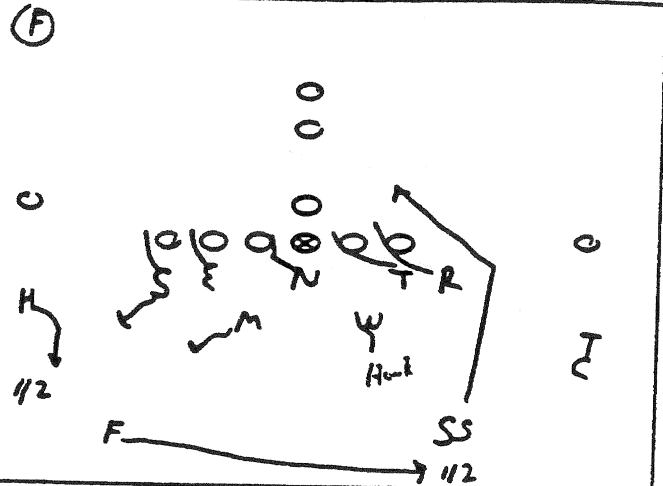
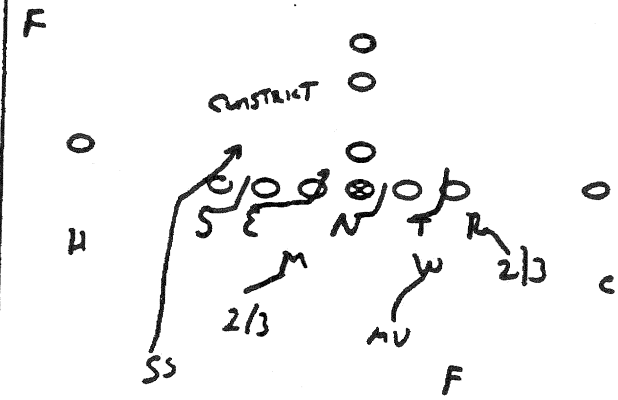
In here



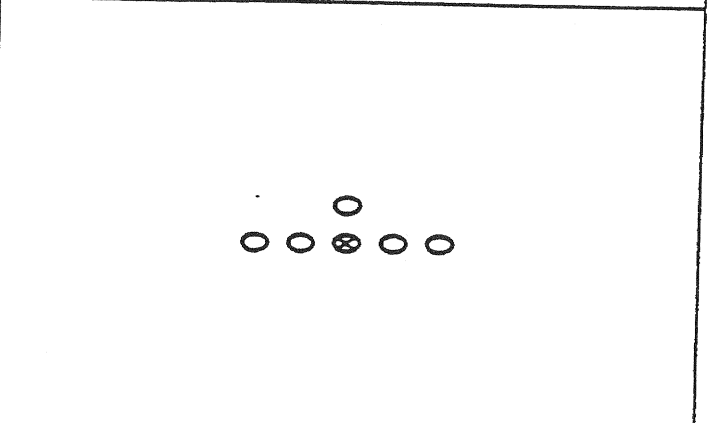
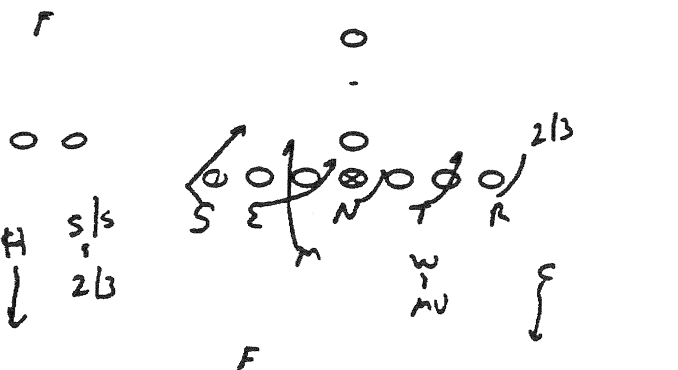
OPONENT: Bench Fern FL

DATE: H. Bench STorn 2 Backer
S/s comes from the Bench

S/s BLITZ From Field when you have A TE To The Field.



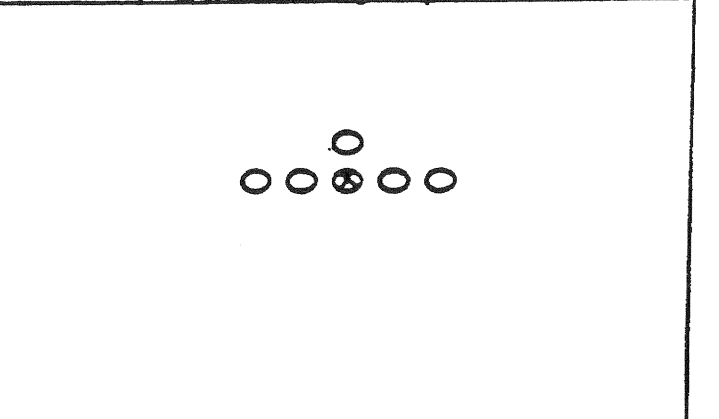
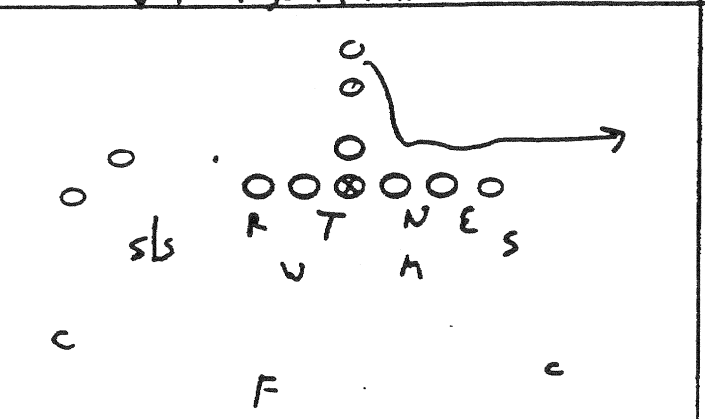
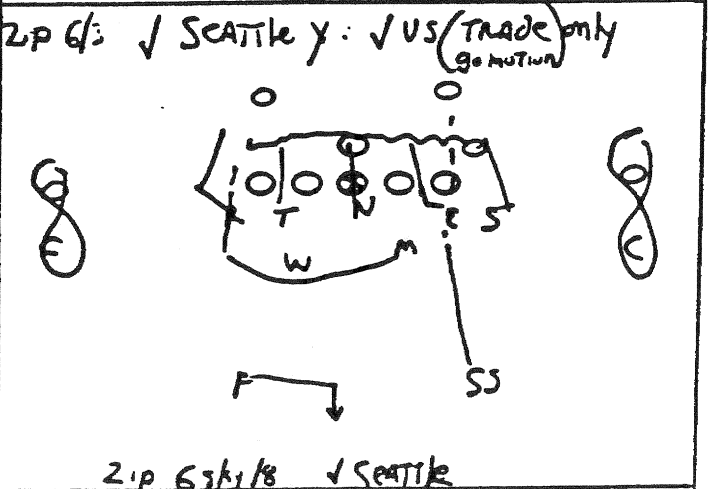
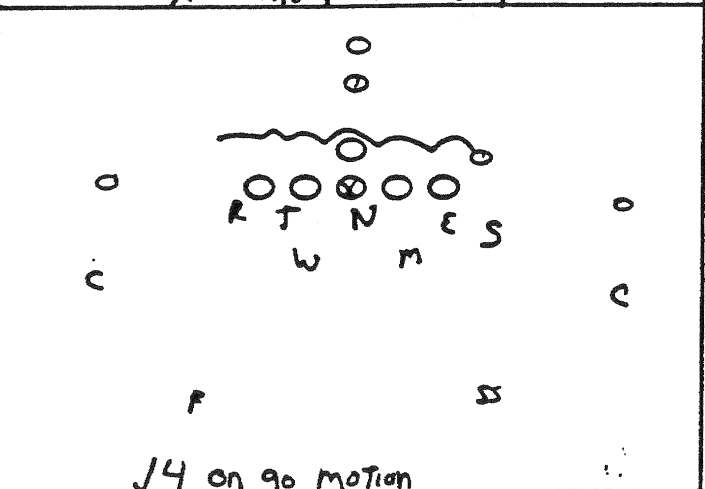
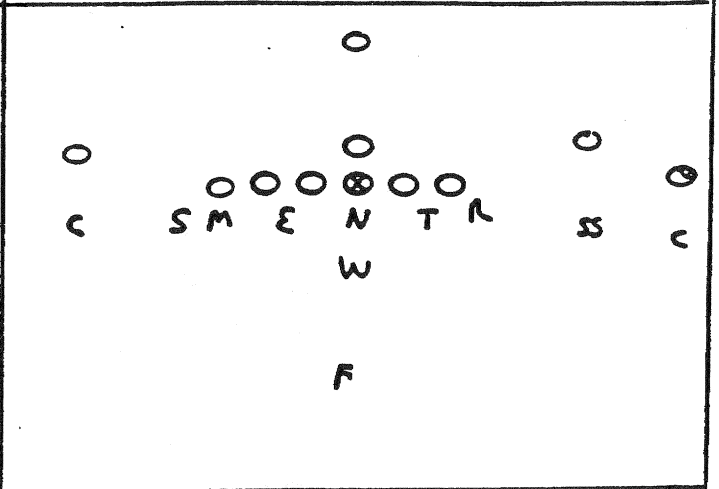
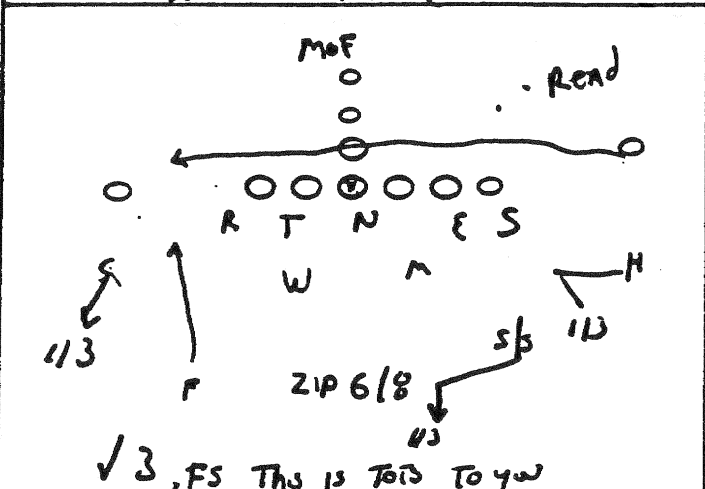
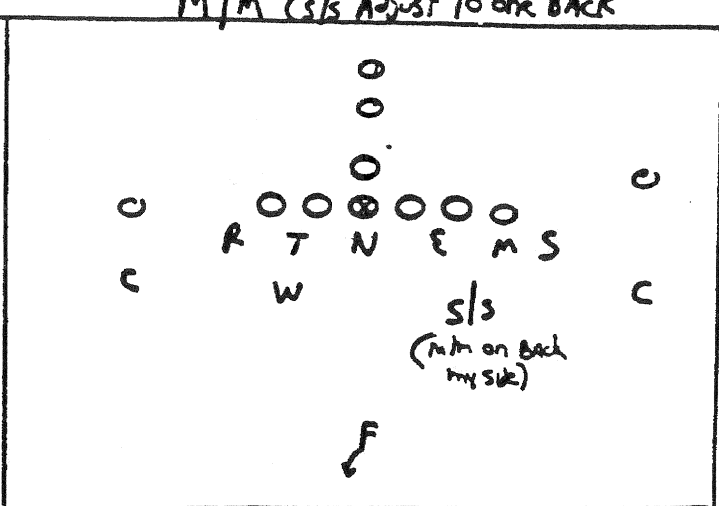
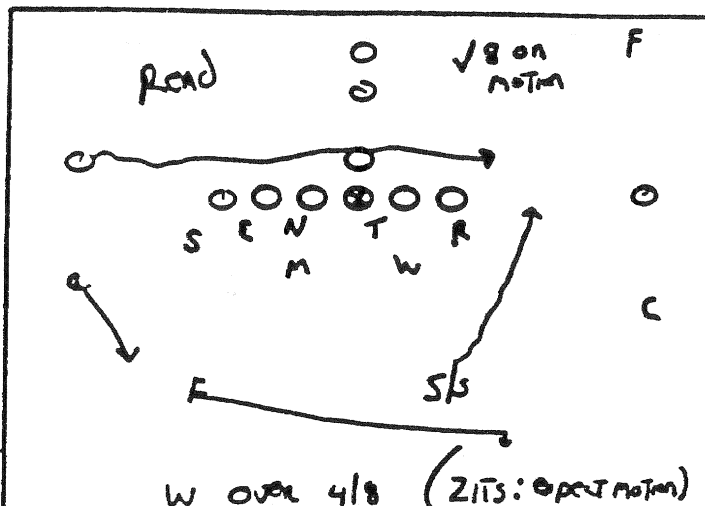
In here: 2 Detached to Field



OPPONENT: April 7 practice 10

DATE: Seattle y

M/M (s/s Adjust TO one BACK



OPPONENT: 30 Bandit FZ

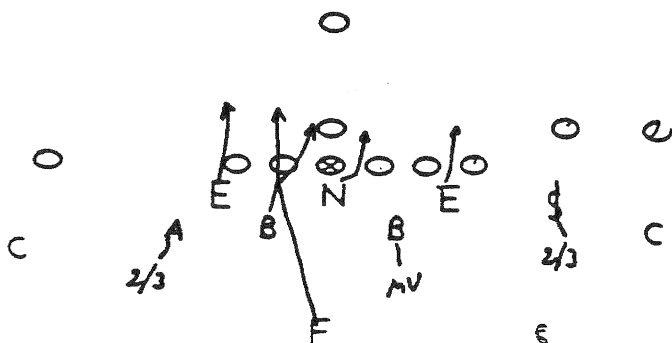
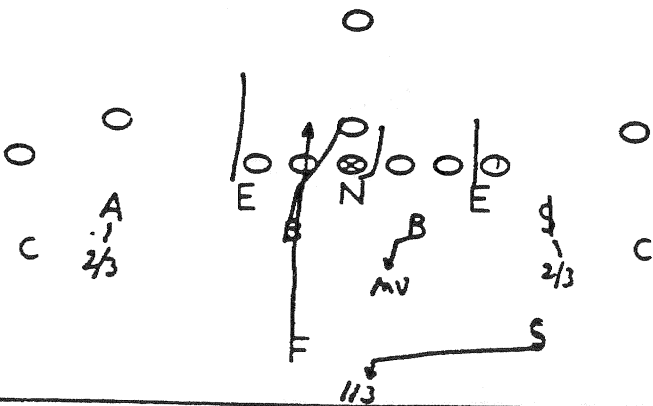
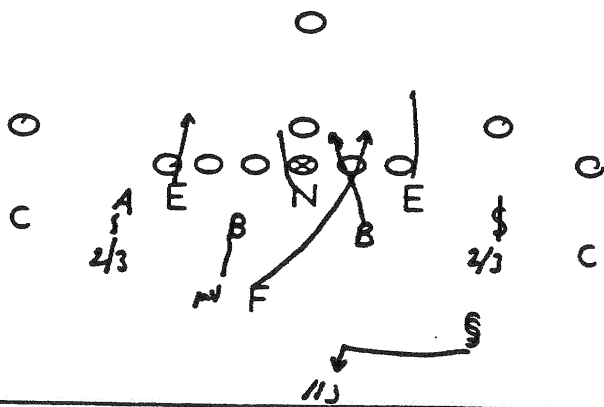
DATE: _____

Ball on Hash FS BLITZ split end B GAP
You will Follow The LB who is Also
Blitzing



S/s Deep Middle 1/3

30-5⁴ To Field Adjuster To Boundary
F

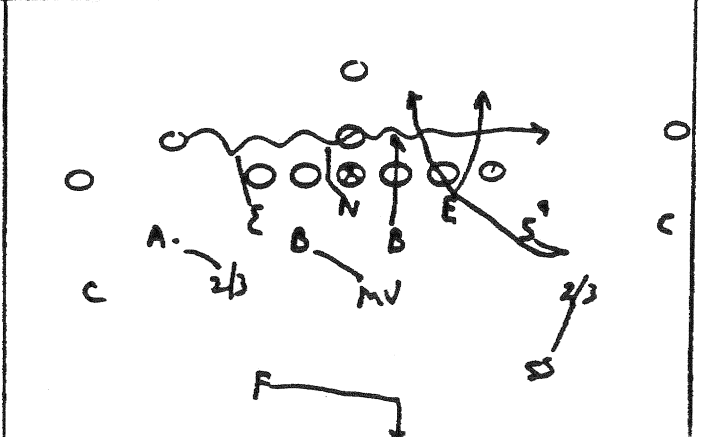
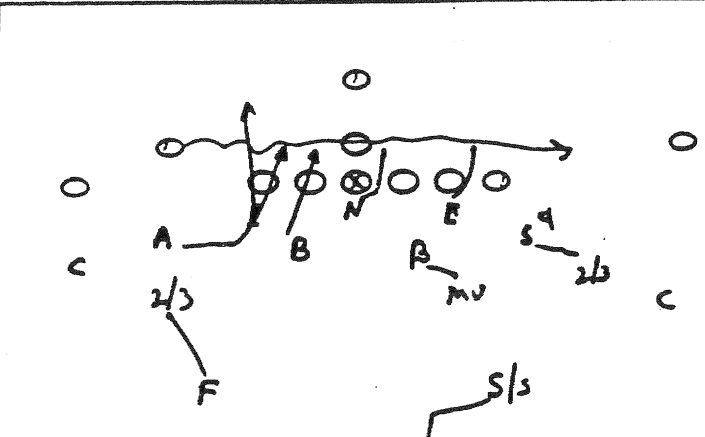
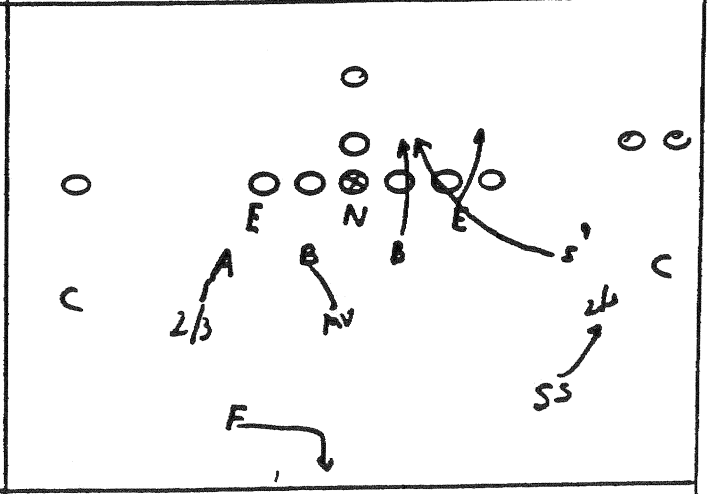
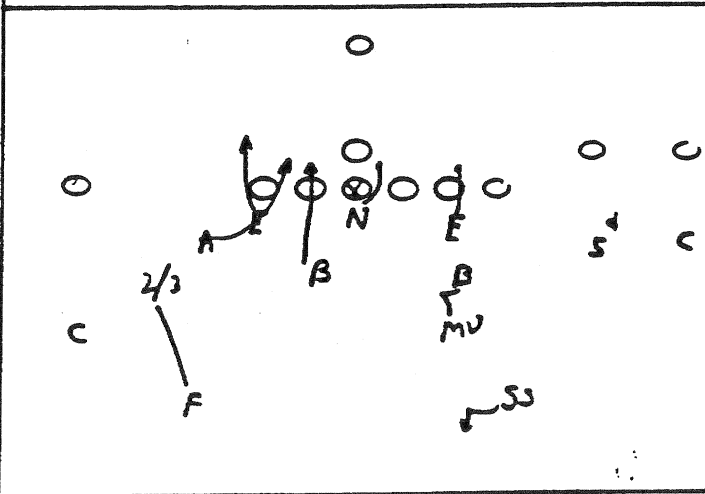
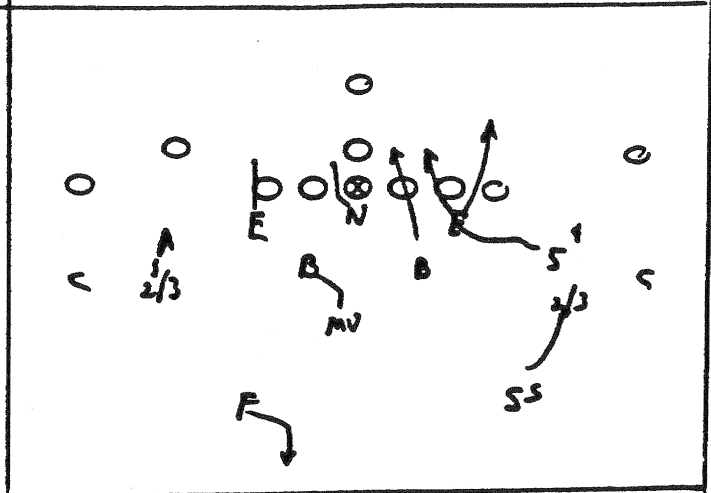
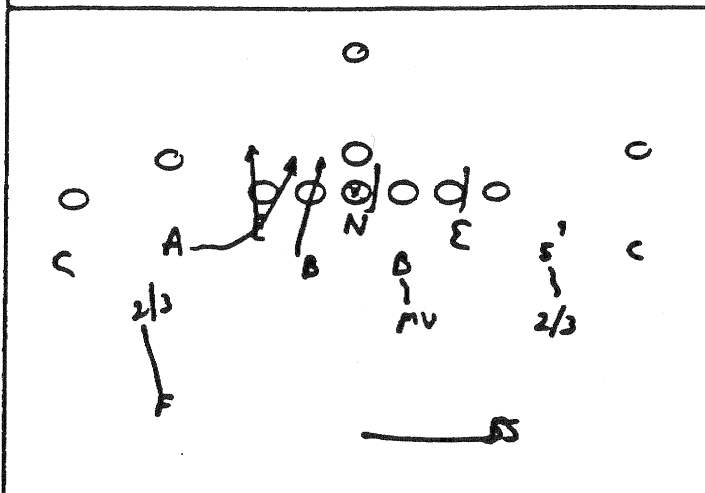
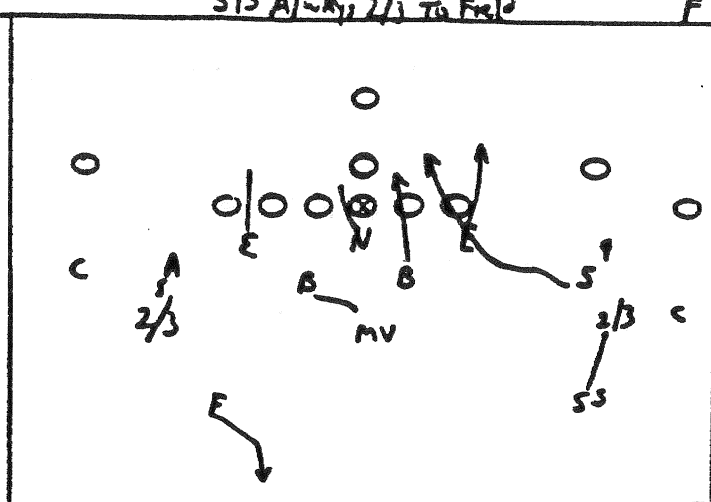
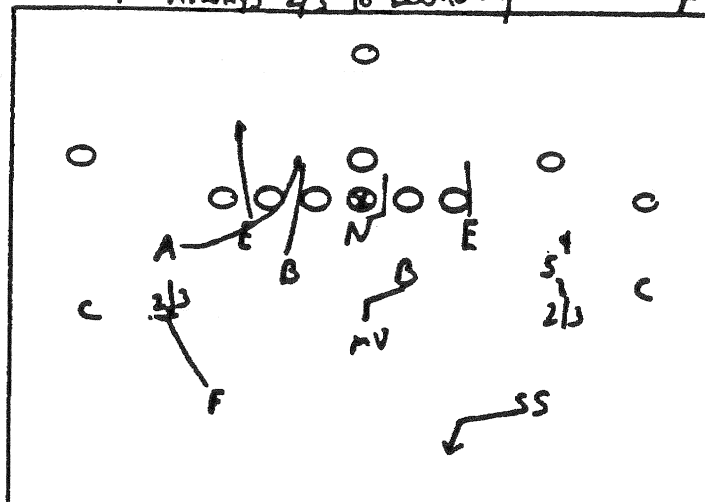


OPPONENT: 30 Bear

DATE: 30 Fox

FS Always 2/3 To Boundary F

S/S Always 2/3 To Field F



OPPONENT: Zone The #

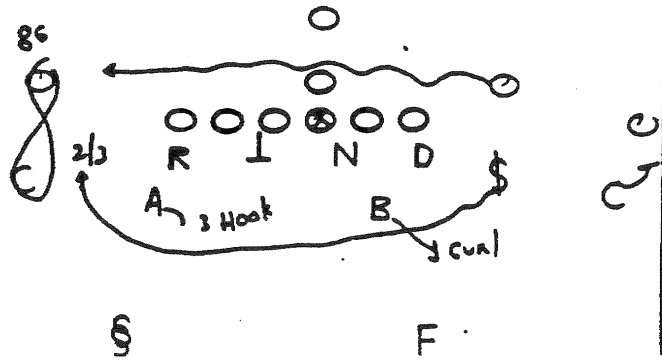
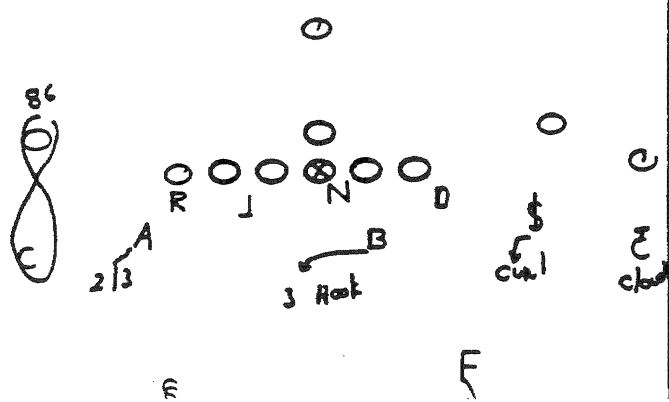
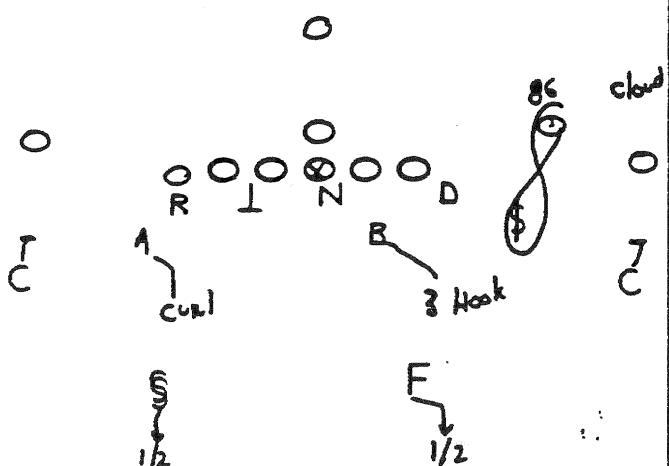
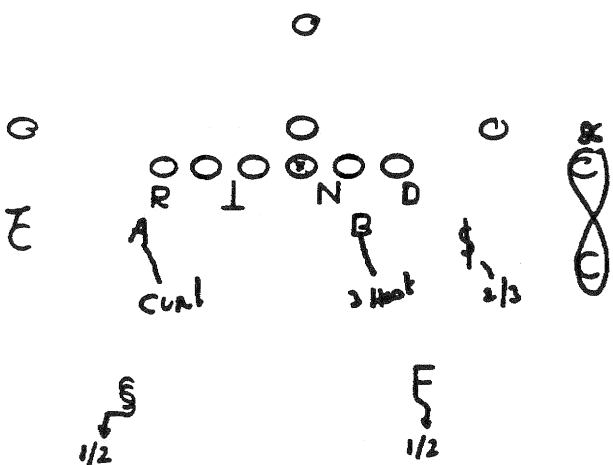
DATE: _____

who ever Aligns on the # called you are M/m.

5' Back: any time The Corner is M/m you

Become a soft 2/3 player


7.



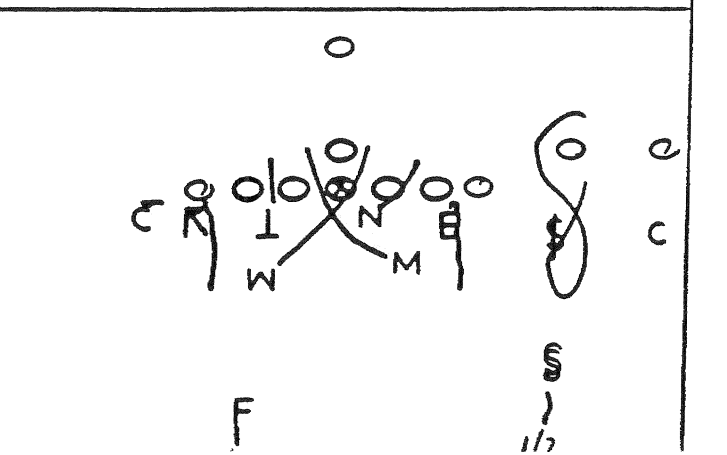
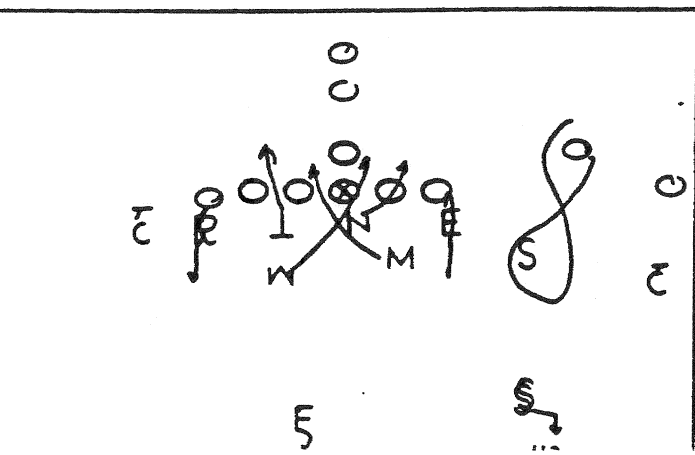
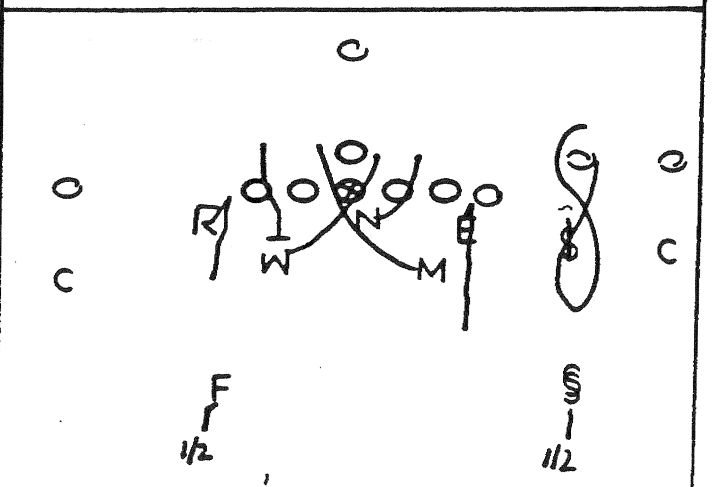
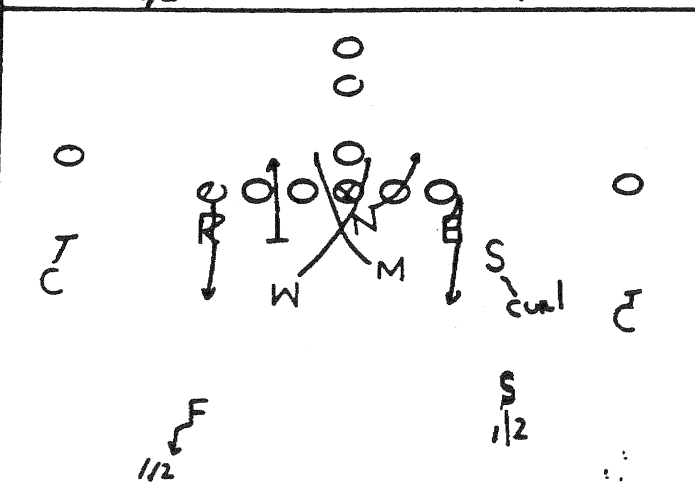
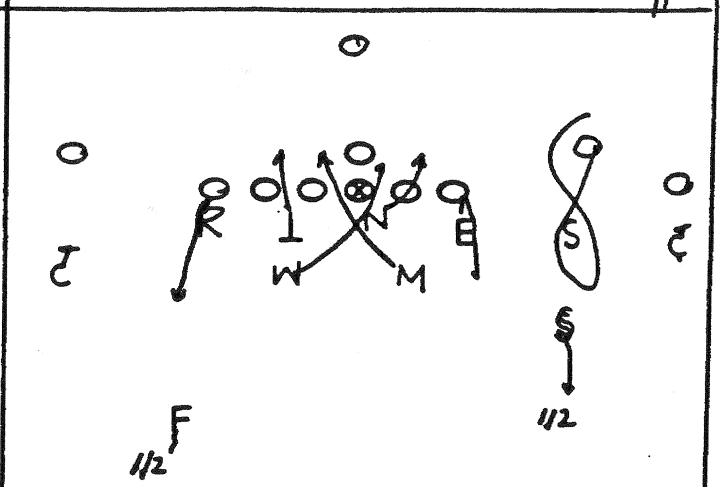
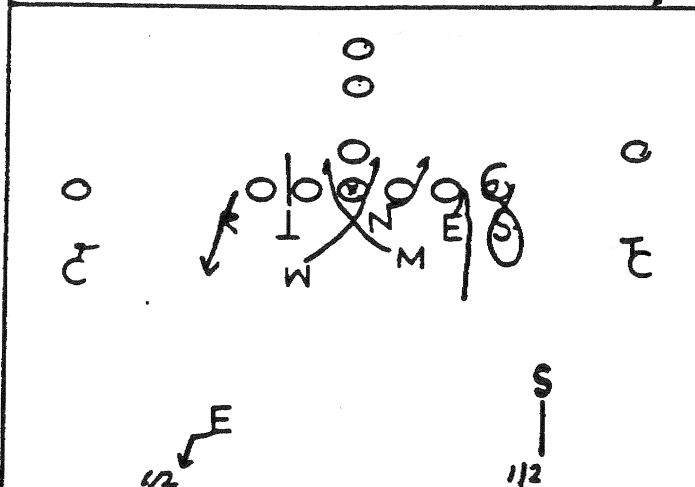
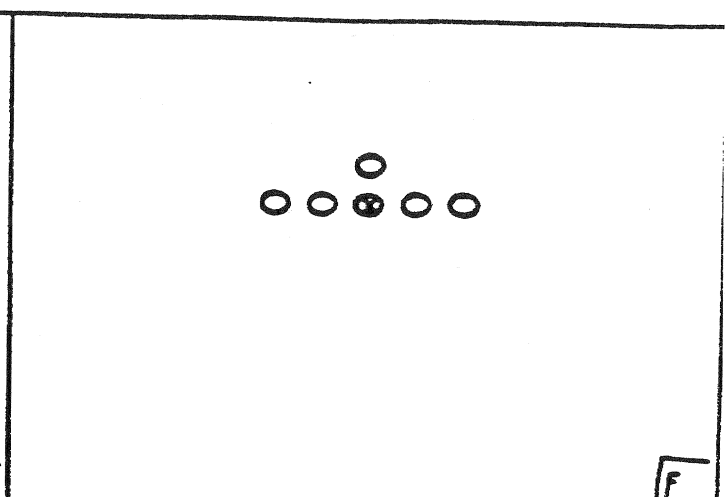
OPPONENT: Bench inside 2 ~~XXXX~~
 Buster

DATE: _____

SAM = M/M on #2 TO THE FIELD
 Rush and end Deep, give body help in curl

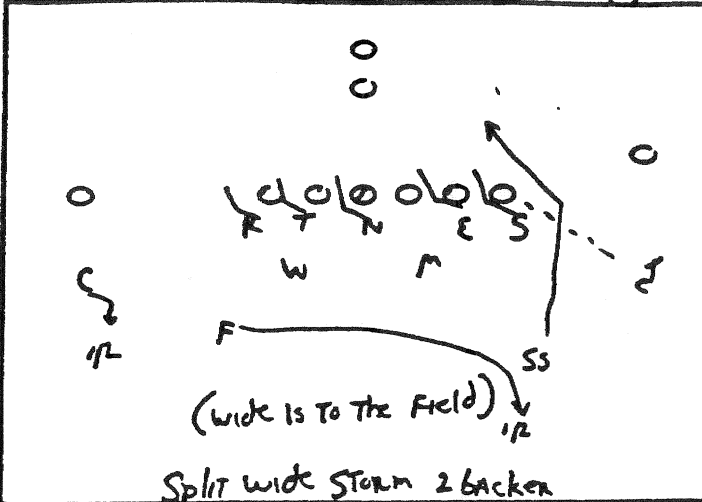


(in base alignment)
 - Corners you can Re-route Receivers
 OUTSIDE, IN BUSTER
 - Base Alignment

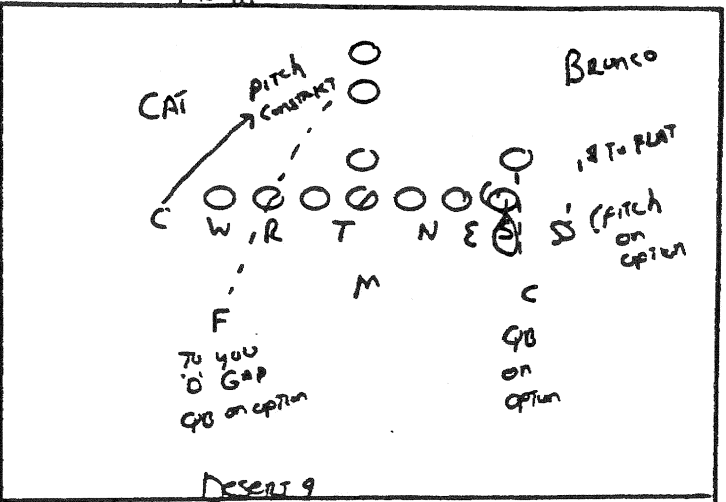


OPPONENT: S' French Rich Bull
 Even Crush & Flood #2

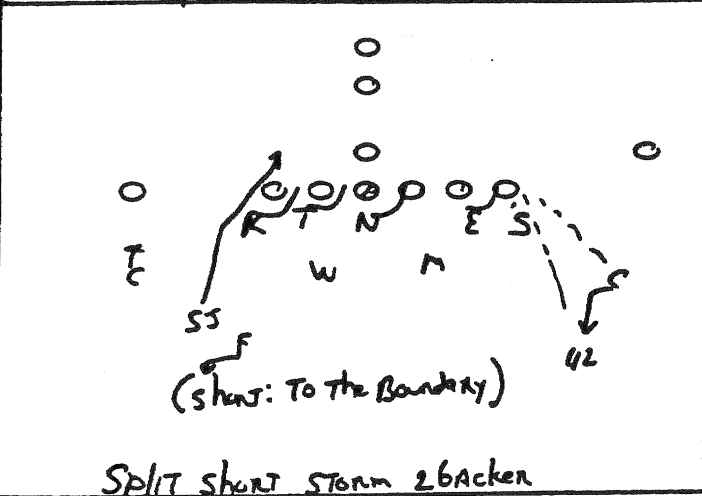
PRACTICE 13
 DATE: Saturday read your keys in cover 6 & 2
 - clad
 - pro line



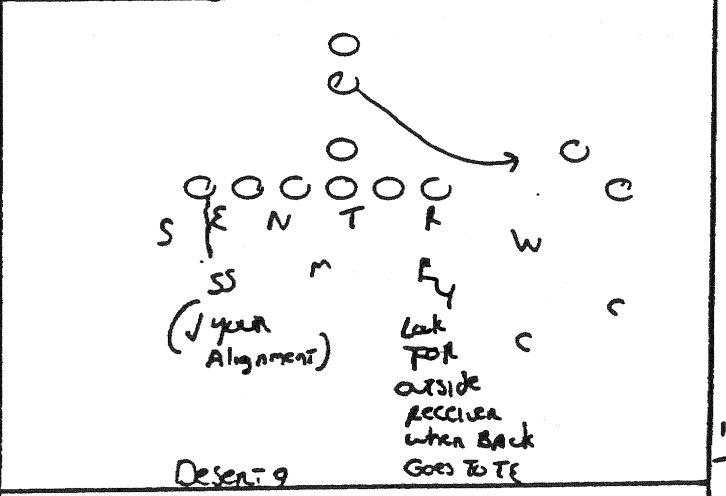
Split wide storm 2 backer



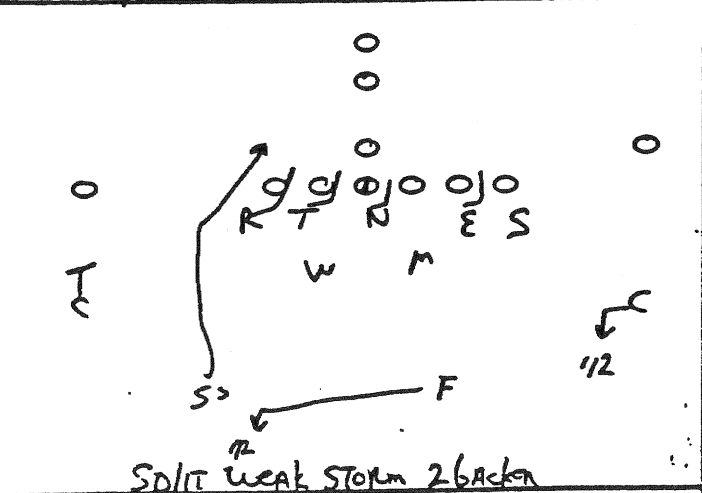
Desert 9



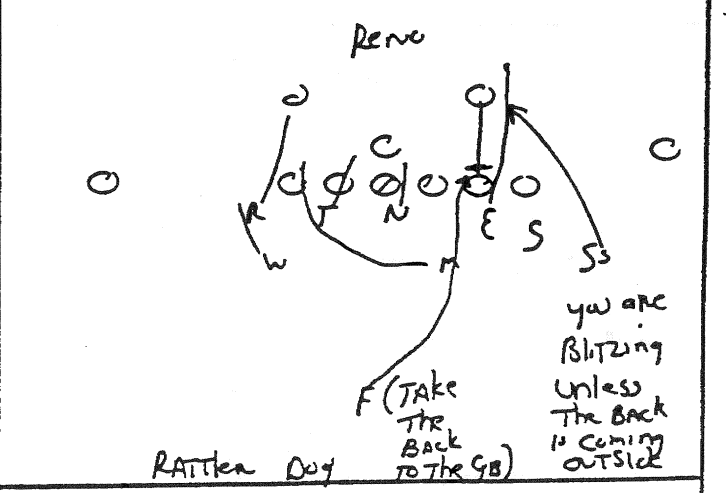
SPLIT SHORT STORM 2 backer



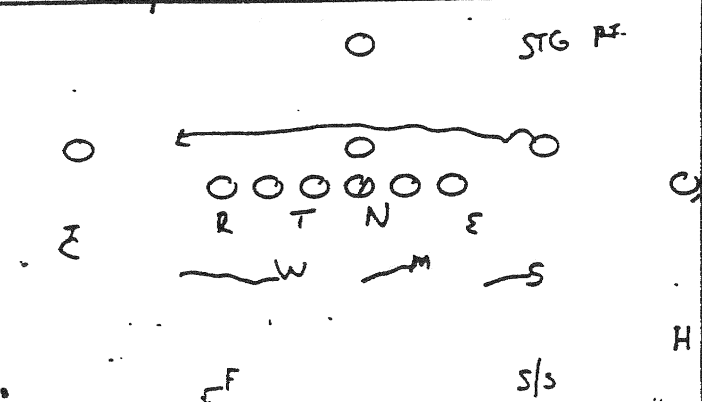
Desert 9



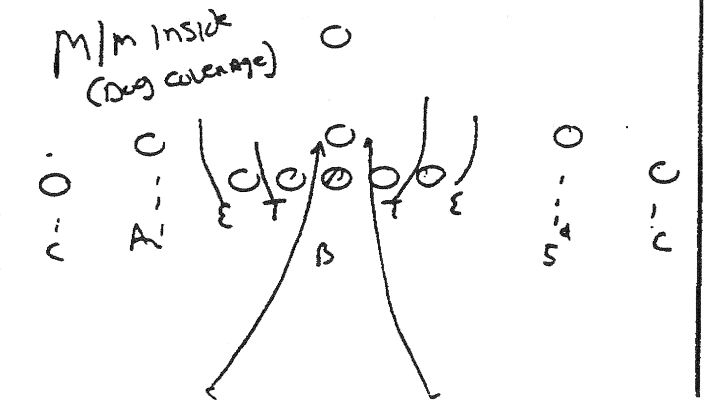
SPLIT WEAK STORM 2 backer



RATTLE DAY



STG #2



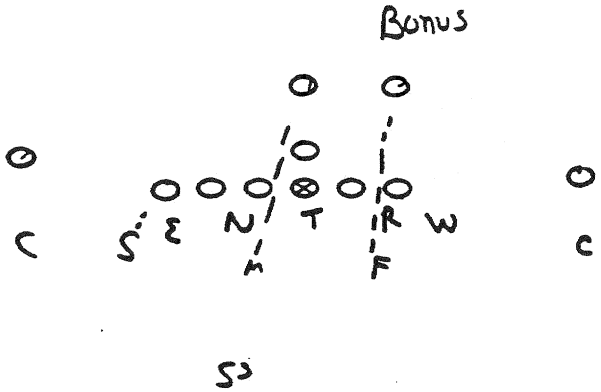
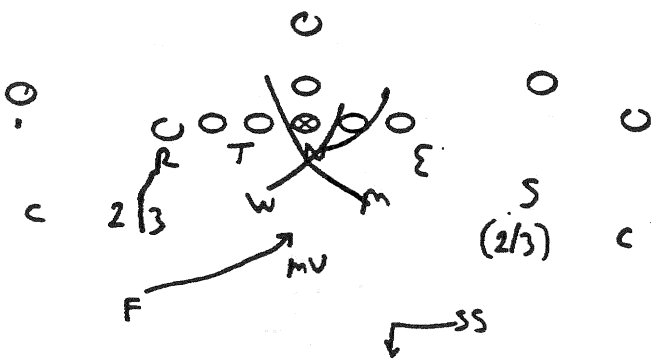
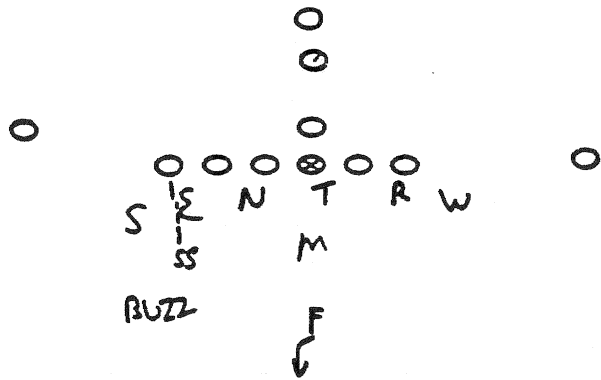
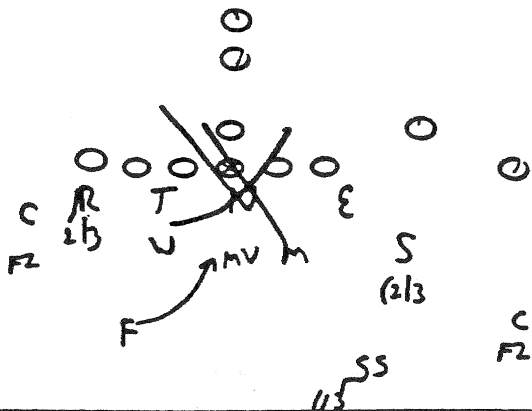
M/M Inside (Dug coverage)

OPONENT: _____

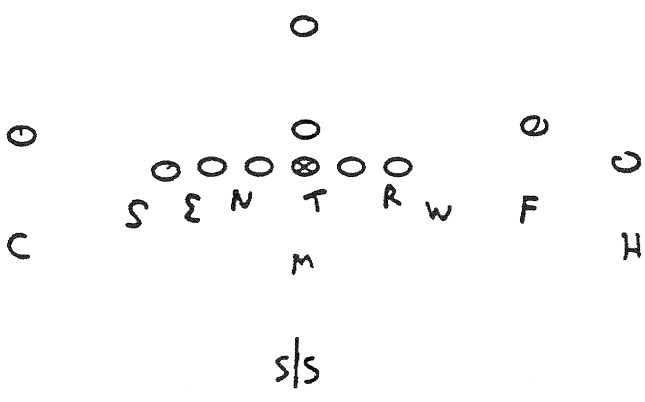
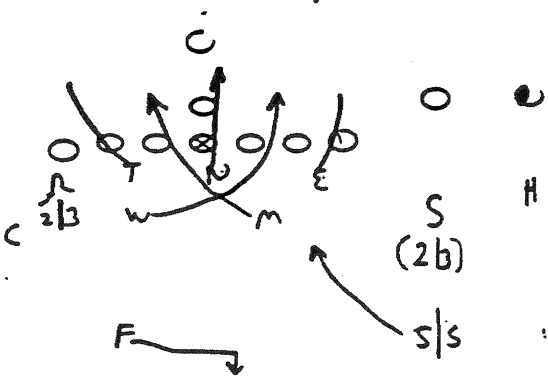
DATE: _____

Bench Target, Bullet, Missile
SAM will Always Be 2/3 (New)

DESERT ⓪: Full Secondary Same Rules
as Eagle & (No Blue Check)



TRIPS



Corners any Time sam is
A 2/3 players make Smash
Calls



When evens s/s is 2/3 NO



All-Goals

Teams Unit

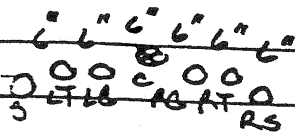
one technique

every 21 sup, punt, kick

Men for punt

maintain a + (p) attitude and good will
for the spec. teams

that are is exempt from being
in their effort and performance



Tackle = #2 & secondary side
Slot = #1 or widest guy

Blue (Zone)

it directly behind outside Tackle
tackle, not the ball

man side (Red)

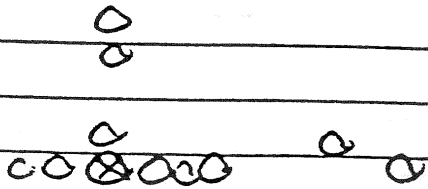
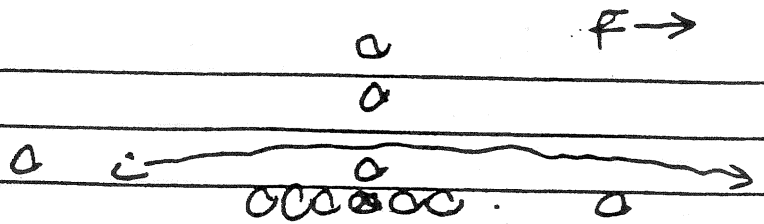
zone side (Blue)

didn't play to their potential,
will stand you with their potential
didn't think they had"

- Bill Walsh

are chance to start

m/v ✓ on pass = Key #3



slot set to boundary

Zip 1 to 3
(P.B on slot give sky cell)

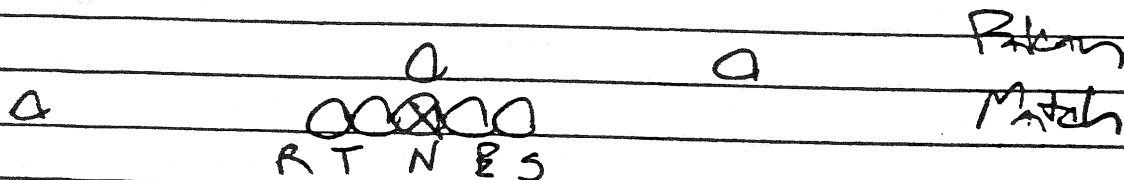
Zip 1 to 3
(motion back too far
set last digit ✓)

1 back in Zip = Black

1 back in Falcon = Blue

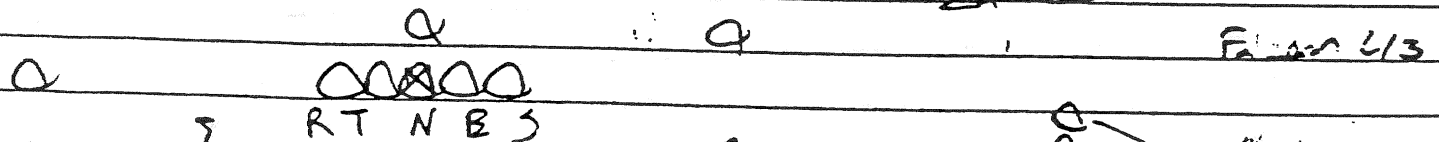
1 back in Eagle Cobra Python = Plumber
(man)

RF ○ ○

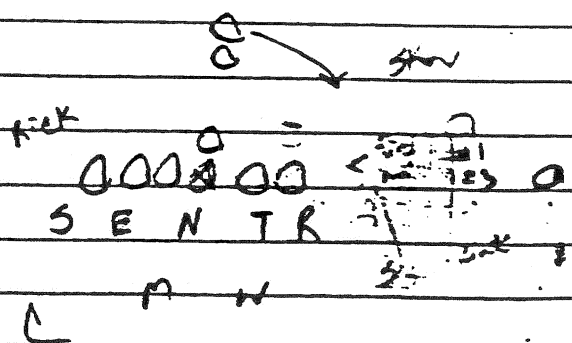


H F W M S/S

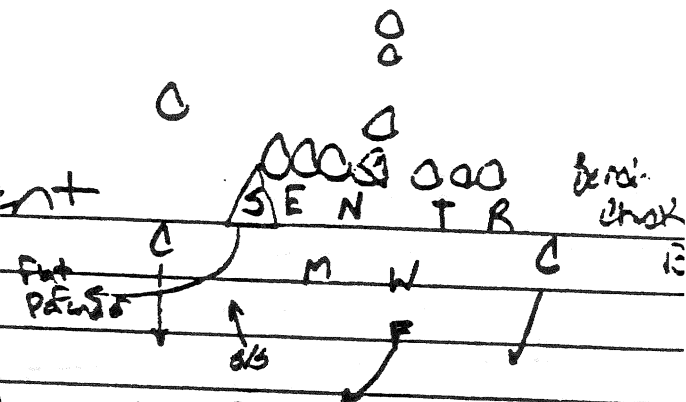
○ ○ Zip Zone



H S/S } K M F



8 + 3 = same alignment
 ↓
 Read Kick



Line 8 line 1 in 8 = SC pitch player

Strong run with technique becomes cloud
 PS " " " " " "

Key EOI for high shoulder = pass
 low shoulder = run

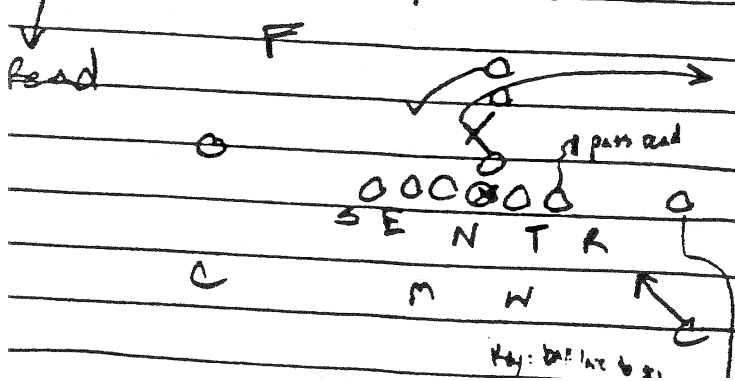
Line 6 away from S/S = cloud technique
 ↓
 Read Key is EOI
 read is high shoulder
 low shoulder

F/S check outside
 ball in lane are
 find # are (play action pass)

S/S #2 to flat fab cut
 or own hit post

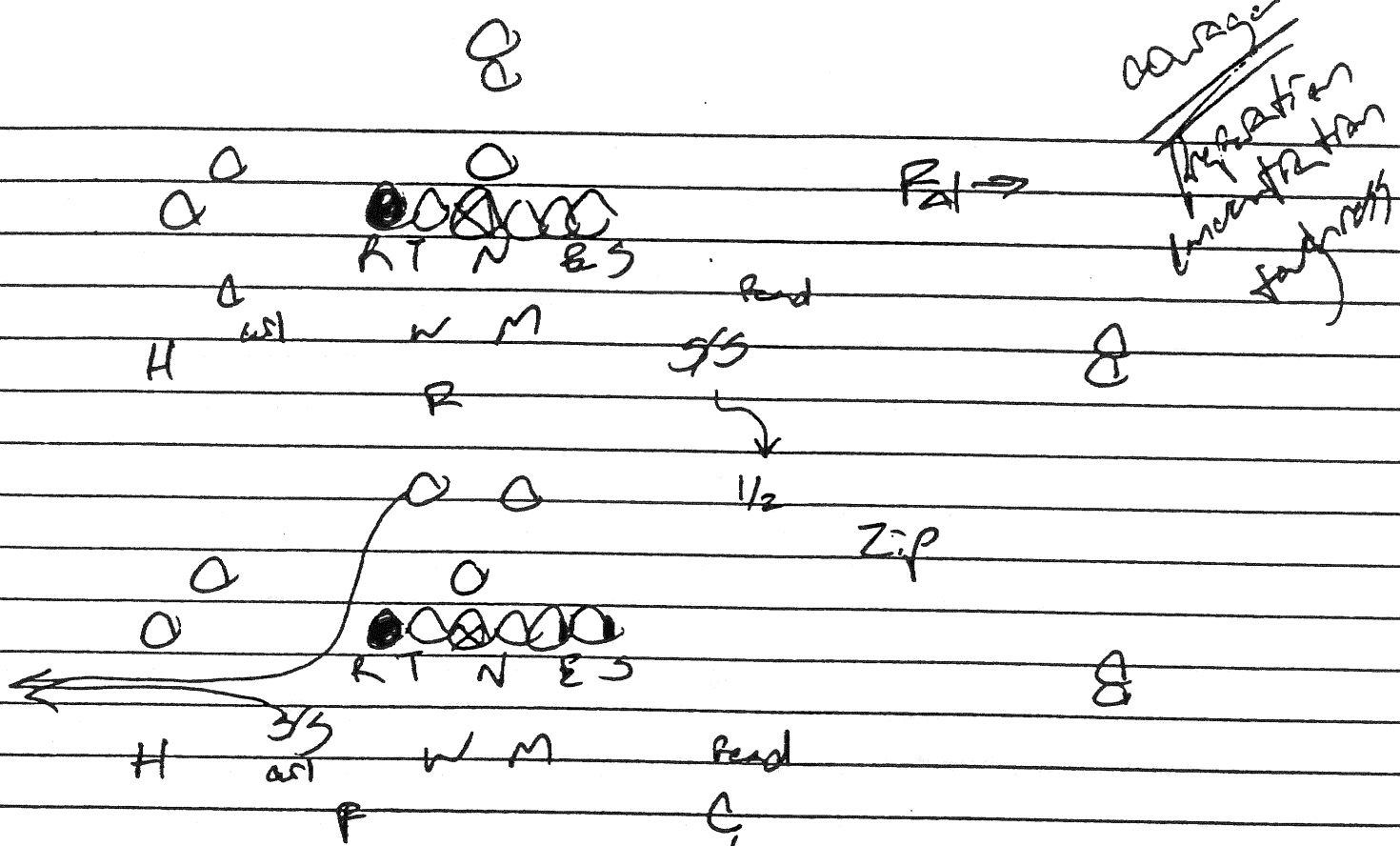
WH inside tech Key #2

Sky to split side S/C switch with F/S



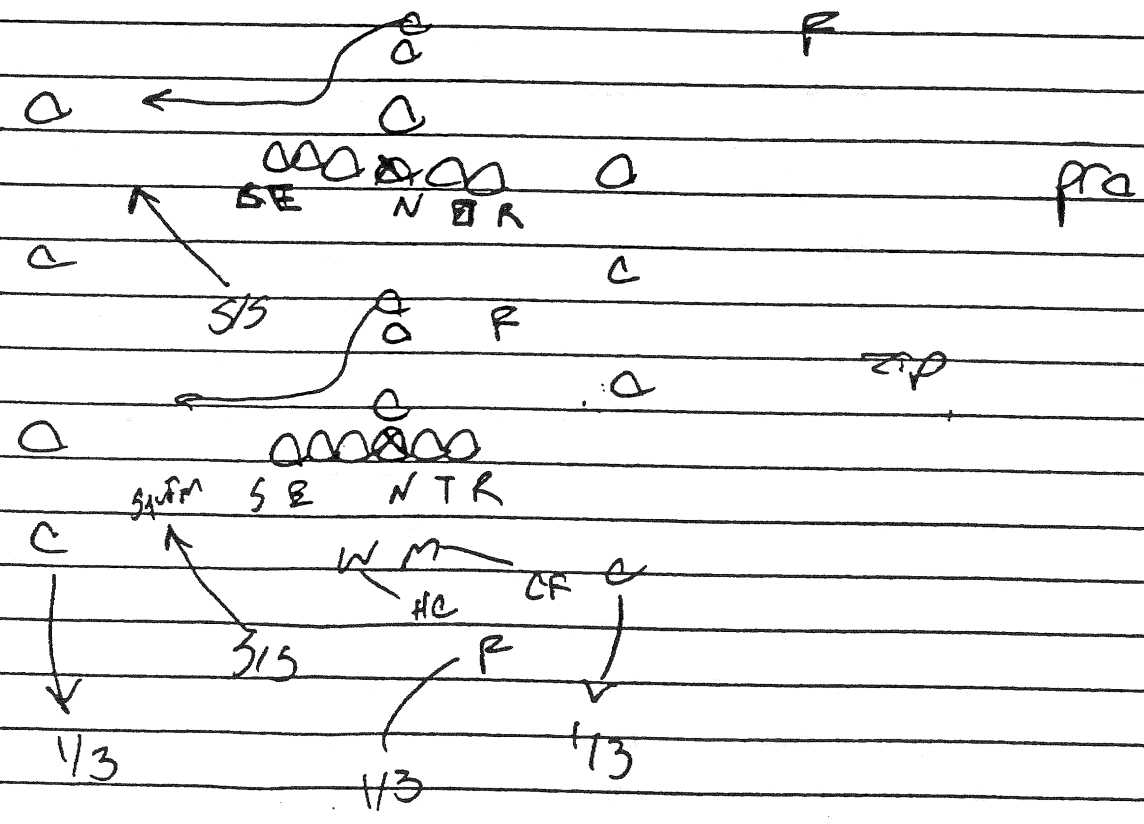
all bars
 (wider area of pitch)

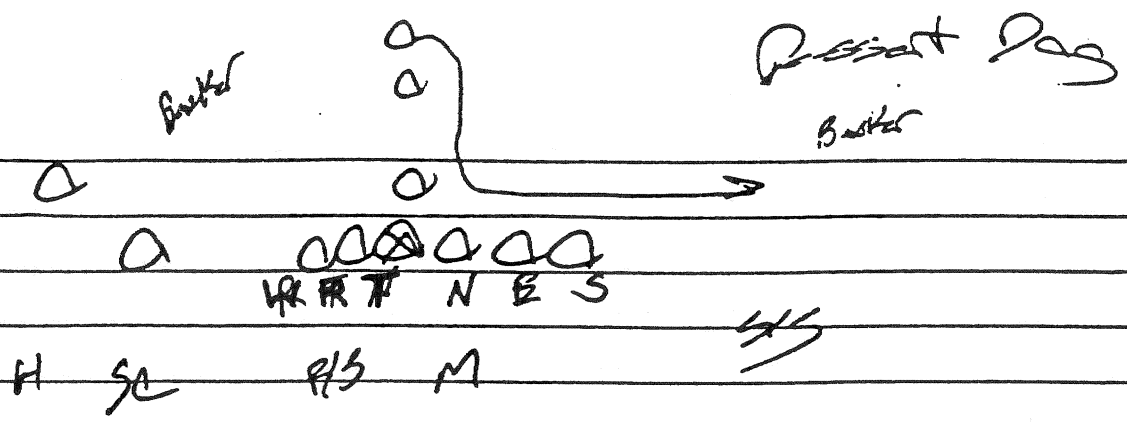
Key EOI to triangle
 pass C/F



average
iteration
concentration
fastness

3 will take you to
 flat in 8 (that's all)

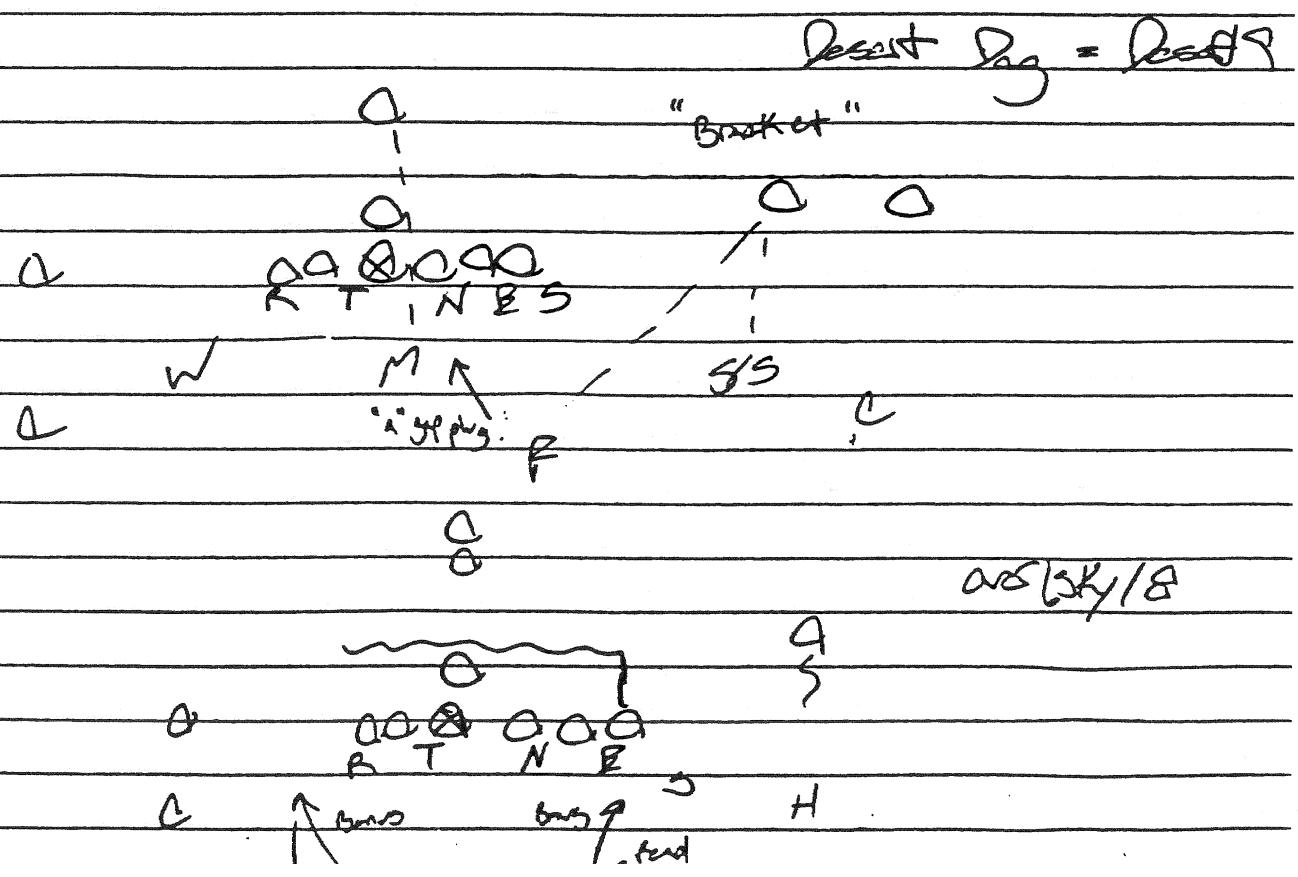




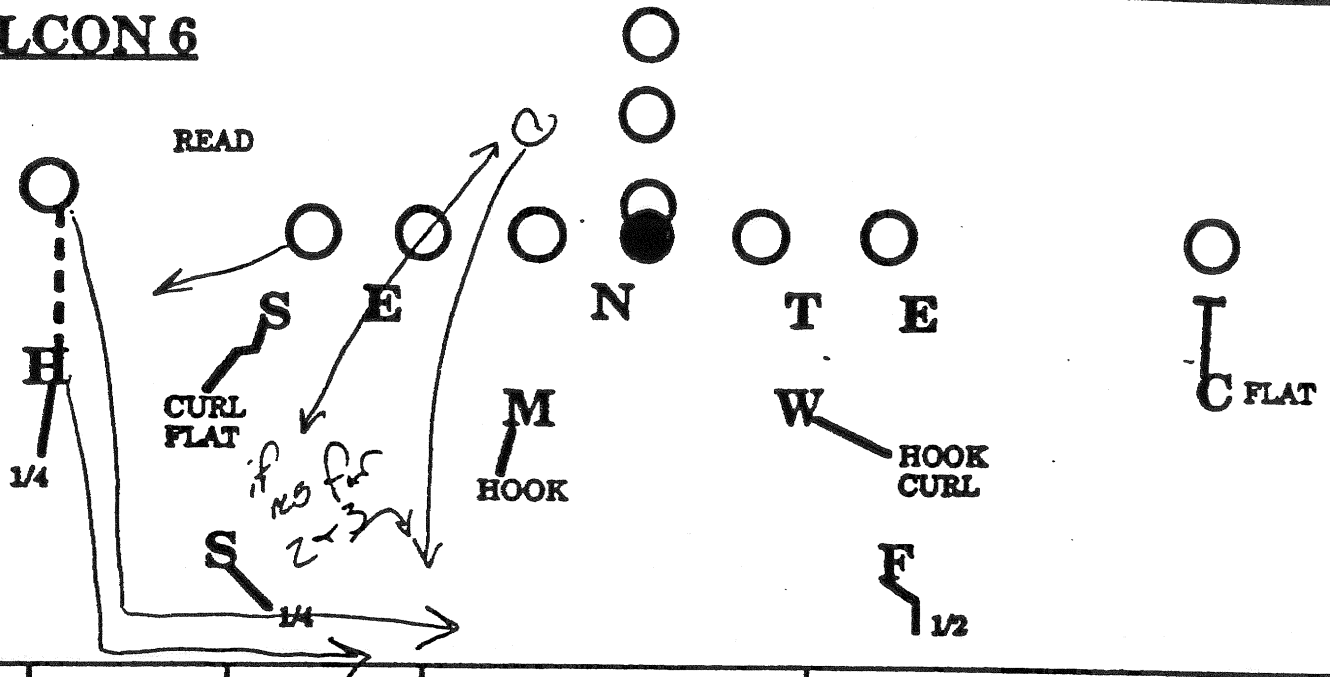
John Helms (coach at Harvard)

"To fumble the football is a fate worse than death"

"Better to have died an early death than fumble the football"

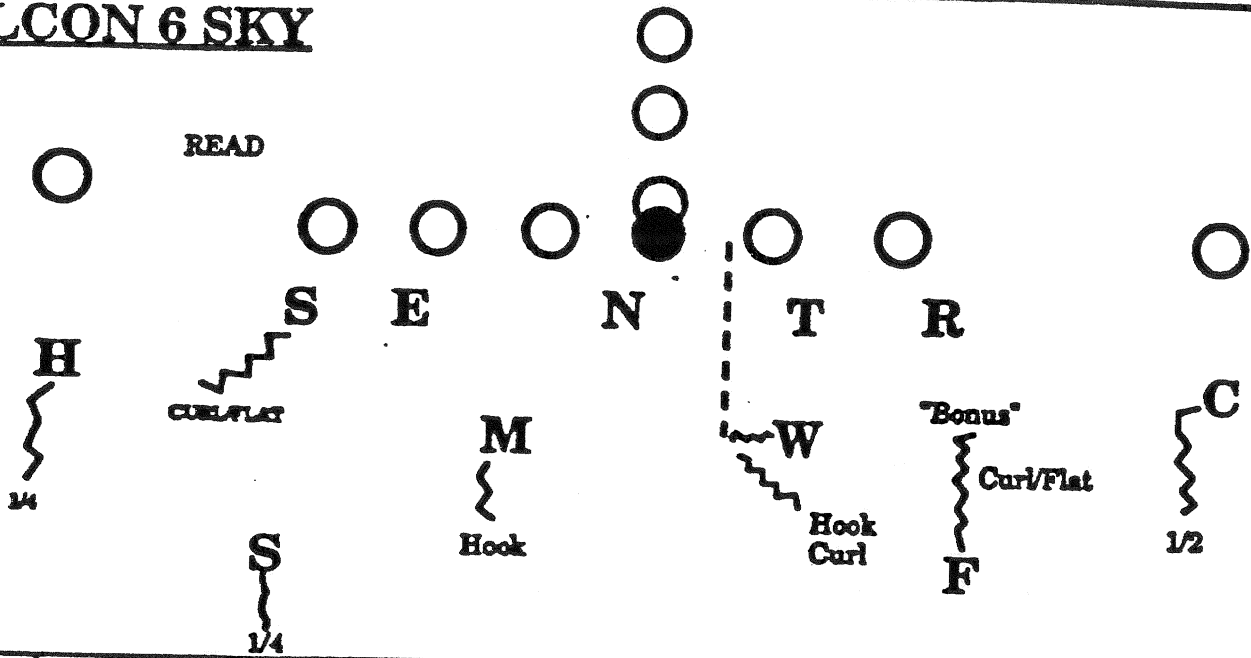


FALCON 6



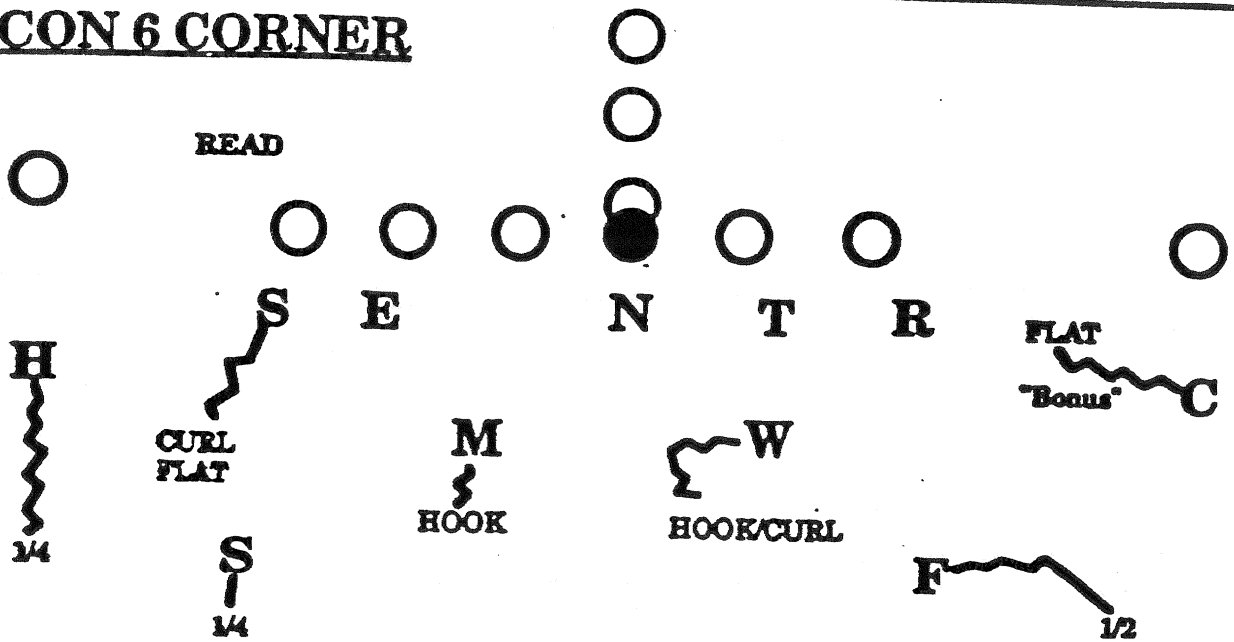
POS	ALIGN	KEY	RUN SUPPORT	PASS TECHNIQUE
SAM	9	TE	FLOW TO: D GAP FLOW AWAY: D GAP FOLD	CURL TO FLAT MATCH, VS. TWINS AREA DROPS
MACK	30	FLOW OF BACKS	FLOW TO: B-GAP (SQUEEZE) FLOW AWAY: STACK B-GAP CUTBACK	STRONG HOOK OPEN OFF OF #3 COLLISION VERTICALS
WILL	30	FLOW OF BACKS	FLOW TO: NEAR A (SQUEEZE) FLOW AWAY: NEAR A TO STACK	WEAK HOOK TO CURL WORK OFF OF #2 WEAK COLLISION VERTICALS
S/S	4 YDS OUTSIDE TE 8-10 YDS DEEP	BALL TO #2	READ	1) KEY #2. IF VERTICAL ROUTE PLAY OVER THE TOP OF HIM (INSIDE 1/4). 2) IF #2 RUNS FLAT, PLAY UNDERNEATH ALL INSIDE ROUTES OF #1. 3) IF #2 CROSSES, GET DEPTH. ALERT FOR #3.
F/S	10-12 YDS DEEP WIDTH WILL VARY	BALL TO RECEIVER	CLOUD SECONDARY SUPPORT	DEEP 1/2. SEE #1 AND #2. WORK WITH RELEASE OF #1. GAUGE YOUR BACK PEDAL WITH HIS RELEASE. GET PLENTY OF DEPTH. PATTERN READ #1 AND #2.
W/H	7 YDS DEEP INSIDE #1	BALL TO RECEIVERS	READ SECONDARY SUPPORT	1) KEY #2. IF #2 RUNS FLAT WORK TO OUTSIDE MAN ON #1. 2) IF #2 RUNS VERTICAL OR RELEASES INSIDE, YOU HAVE #1 MAN TO MAN INSIDE TECHNIQUE
S/C	7 YDS DEEP OUTSIDE #1	BALL TO RECEIVERS	CLOUD PRIMARY SUPPORT	FLAT RESPONSIBILITY. JAM #1 AND FORCE HIM INSIDE, KEY #2. IF #2 IS FLAT, SINK FOR P.C. AND BREAK UP ON THROW. IF #2 GOES VERTICAL SINK WITH #1.

FALCON 6 SKY



POS	ALIGN	KEY	RUN SUPPORT	PASS TECHNIQUE
SAM	9	TE	FLOW TO: D GAP TO BOUNCE FLOW AWAY: FOLD SLOW FLOW	CURL TO FLAT, MATCH VS. TWINS AREA DROPS
MACK	WIDE 30	FLOW OF BACKS	FLOW TO: B GAP TO BOUNCE FLOW AWAY: SHUFFLE STACK-CUTBACK	STRONG HOOK WORK OFF OF #3 COLLISION VERTICALS
WILL	A GAP BACKFIELD	FLOW OF BACKS	FLOW TO: A GAP (SPILL) FLOW AWAY: FRONTSIDE B GAP	WEAK HOOK TO CURL WORK OFF OF #2 WEAK COLLISION VERTICALS
S/S	4 YDS OUT-SIDE T.E. 8-10 YDS DEEP	BALL TO #2	READ T.E. DOWN BLOCK PRIMARY	1) KEY #2 IF VERTICAL ROUTE PLAY OVER TOP OF HIM (INSIDE 1/4) 2) IF #2 RUNS FLAT PLAY INSIDE 1/4 ON ALL INSIDE ROUTES OF #1 3) IF #2 CROSSES, GET DEPTH ALERT FOR #3
F/S	LOOSE	FLOW OF BACKS	SKY BONUS CALL PRIMARY SUPPORT	CURL TO FLAT HOLD THE CURL WIDEN WITH ANYTHING THAT CROSSES YOUR FACE
W/H	BASE INSIDE TECHNIQUE	BALL TO RECEIVER	READ SECONDARY SUPPORT	OUT SIDE 1/4
S/C	BASE	BALL TO RECEIVER	SKY SECONDARY SUPPORT	WEAK 1/2

FALCON 6 CORNER



POS	ALIGN	KEY	RUN SUPPORT	PASS TECHNIQUE
SAM	9	TE	FLOW TO: D-GAP TO BOUNCE FLOW AWAY: FOLD, SLOW FLOW	CURL/FLAT MATCH VS. TWINS AREA DROPS
MACK	WIDE 30	FLOW OF BACKS	FLOW TO: B GAP TO BOUNCE FLOW AWAY: SHUFFLE STACK (CUTBACK)	STRONG HOOK WORK OFF OF #3 COLLISION VERTICALS
WILL	A-GAP BACKFIELD	FLOW OF BACKS	FLOW TO: A-GAP SPILL FLOW AWAY: FRONT-SIDE B-GAP	WEAK HOOK/CURL WORK OFF OF #2 COLLISION VERTICALS
S/S	4 YDS OUTSIDE TE, 8-10 YDS DEEP	BALL TO #2	READ-TE DOWN BLOCK PRIMARY	1)KEY #2 IF VERTICAL ROUTE PLAY OVER TOP OF HIM (INSIDE 1/4) 2) IF #2 RUNS FLAT PLAY INSIDE 1/4 ON ALL INSIDE ROUTES OF #1 3) IF #2 CROSSES, GET DEPTH ALERT FOR #3
F/S	2 YDS OUTSIDE HASH 10 YDS DEEP	#1 TO BALL	SECONDARY	WEAK 1/2
W/H	BASE INSIDE TECHNIQUE	BALL TO RECEIVER	READ SECONDARY	OUTSIDE 1/4
S/C	TUFF MOVE LATE TO 1-2 YDS INSIDE 'X'	OT TO BALL	CORNER PRIMARY	CURL/FLAT HOLD THE CURL WIDEN WITH ANYTHING THAT CROSSES YOUR FACE

1998 Spring Practice # 2

FRONTS

OVER/RAVEN
DESERT

COVERAGE

5
SQUIRM
0
4
BOLT

FRONT ADJUSTMENTS

STEM
RETURN
SHIFT

STUNTS

BENCH SMASH BOLT
BENCH CHUCKLES BOLT
ALERT LION

FIRE ZONES

ZIP BLAST F.Z. (TILT RULES)
SPLIT FORM F.Z. (TILT RULES)

BLITZ

DESERT COBRA DOG
DESERT PYTHON DOG

CALLS

RIGHT/LEFT
NOW
TWO WAY
SQUIRM
ZIP VS BONUS (COVER 0)

SUPPORT CALLS

BUZZ

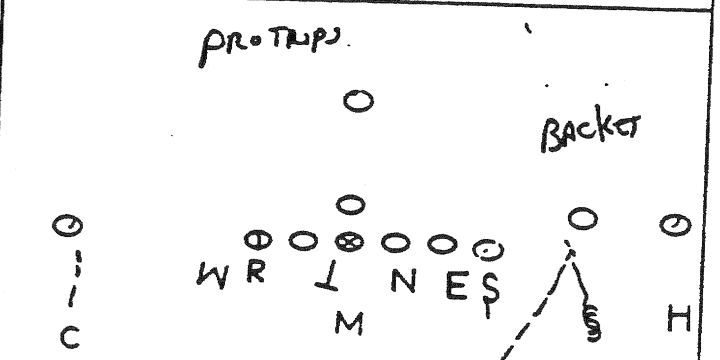
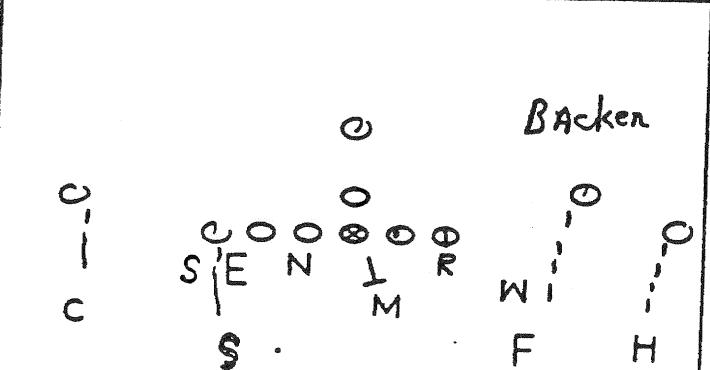
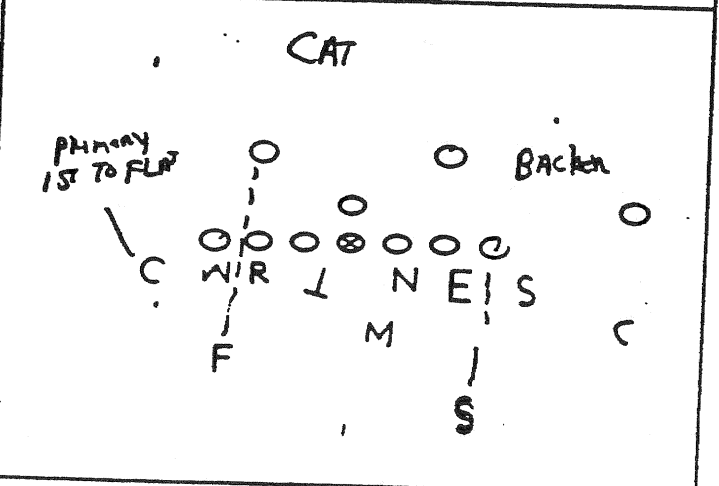
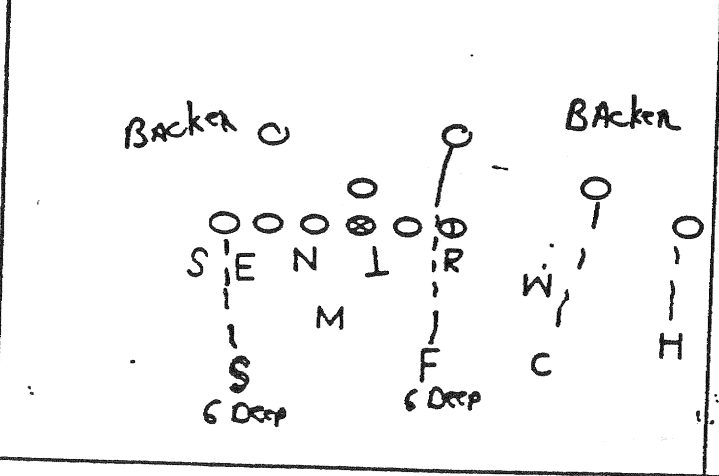
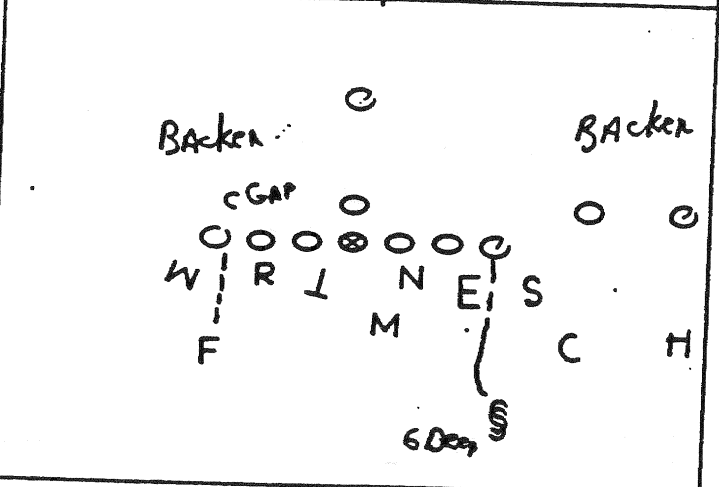
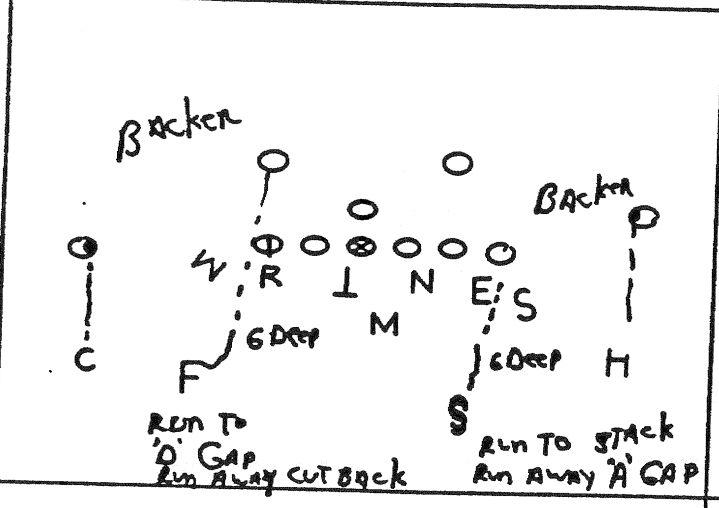
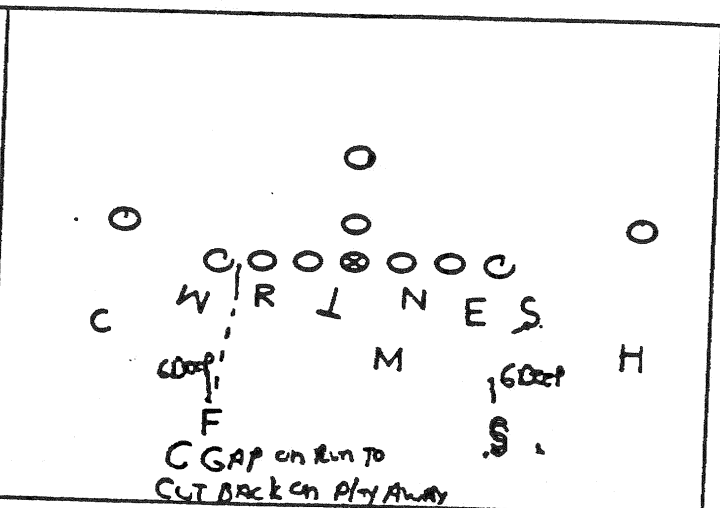
DEFENSIVE CALLS

BENCH SMASH BOLT
BENCH CHUCKLES BOLT
ZIP BLAST FZ
SPLIT FORM FZ
DESERT COBRA DOG
DESERT PYTHON DOG

OPPONENT: Desert Dog

DATE: _____

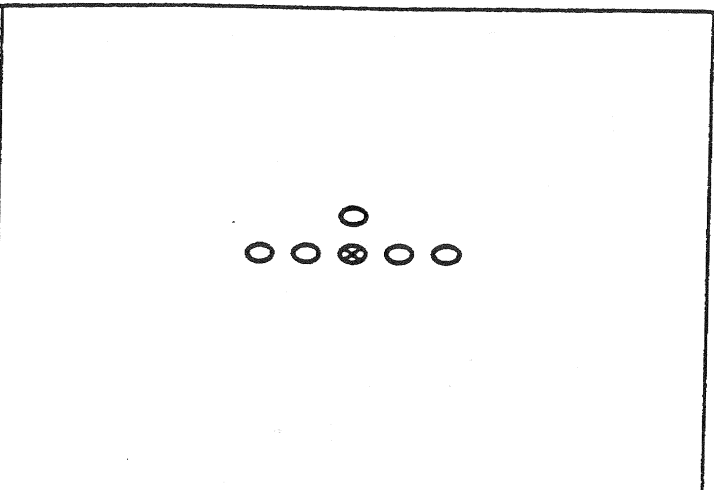
Backer call for run support
 Brunco (call made to Backer ... US wing set, Backer takes TE m/m
 Backer (US pro trips only (M/S-JS combo Technique)
 S/S M/M on TE: US Dark, 2 back set
 DBL
 FS M/M on # 2 weak, 3 strong, Backer US pro trips
 Corners in off Technique



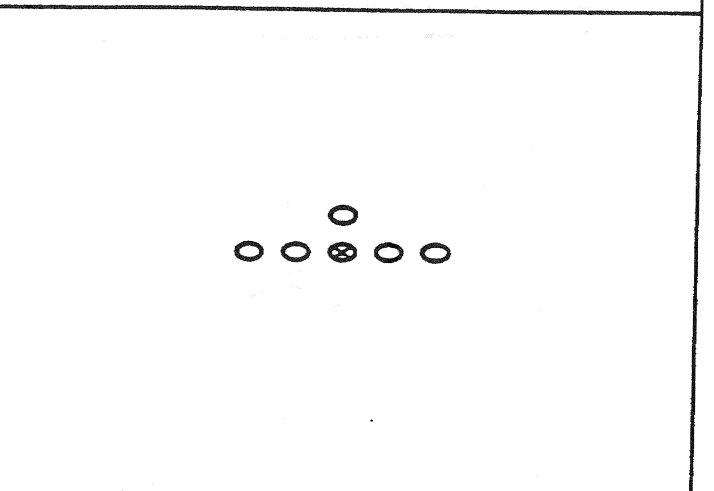
Branco (Sen Takes FL M/M, S/S Becomes FLAT Defender, FS Has Wing M/M)

F
Run to "D" GAP
Run away "A" GAP

(S/S on Runaway Hug The Wing This lets the FS Run)

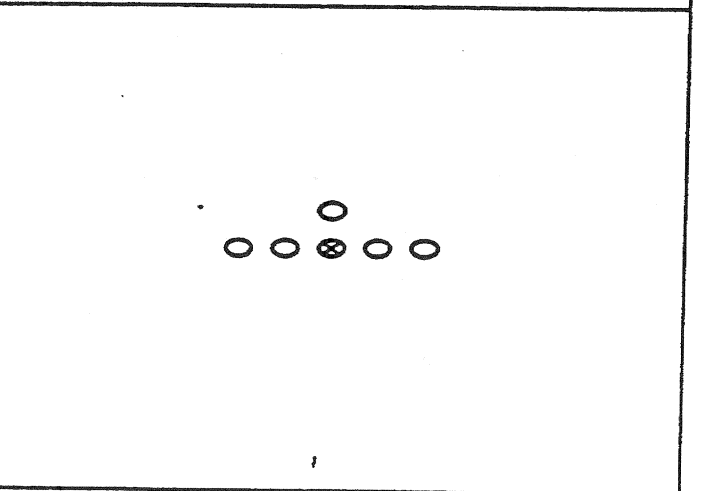


A. Branco
B. Backer vs motion



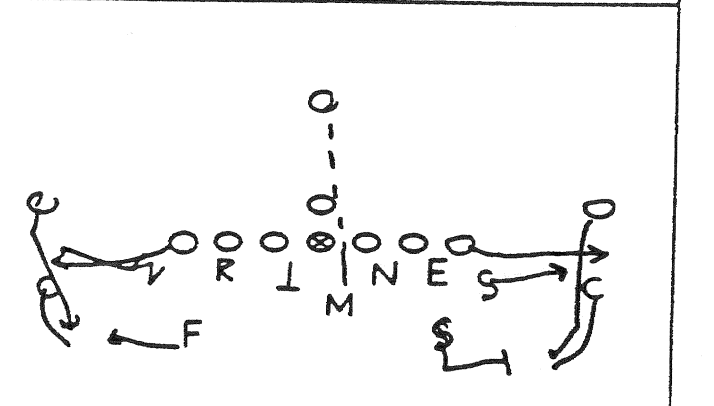
Once you / to Backer IT STAYS Backer

A. Branco
B. Backer
C. Backer



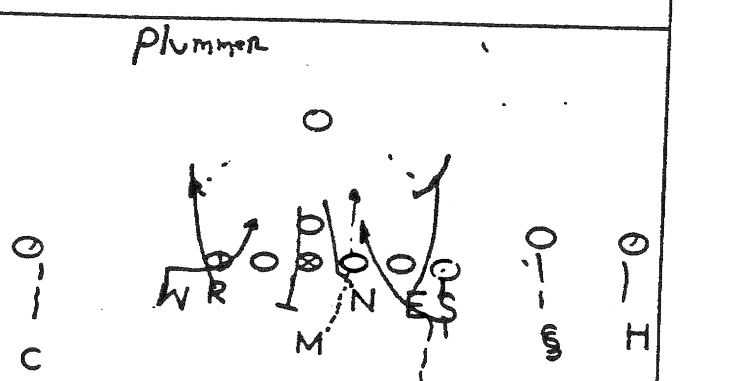
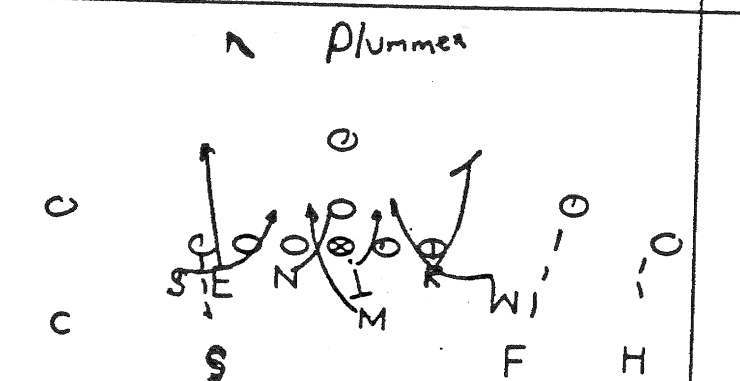
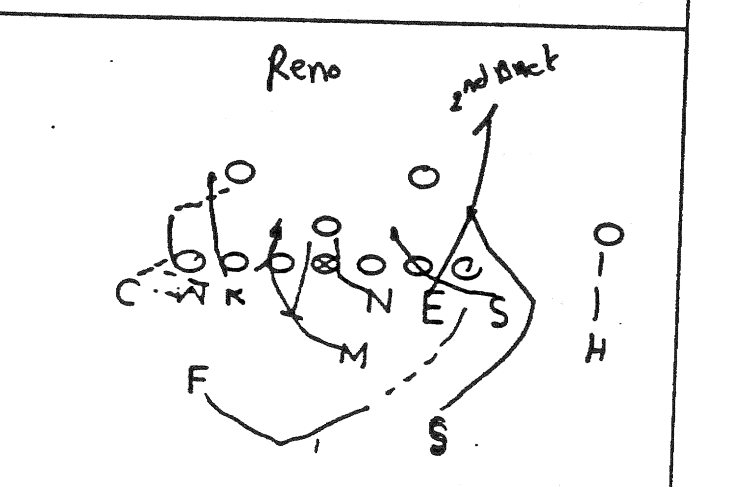
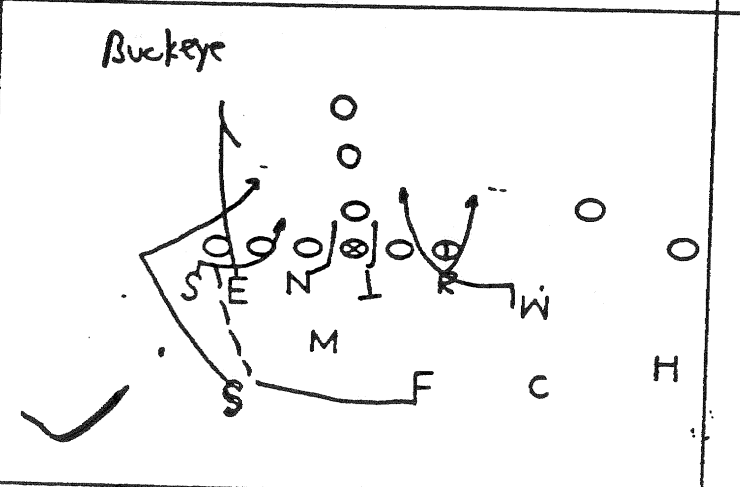
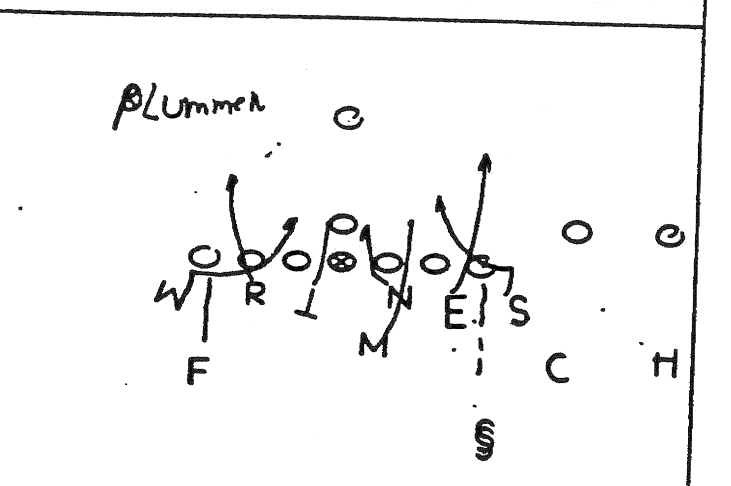
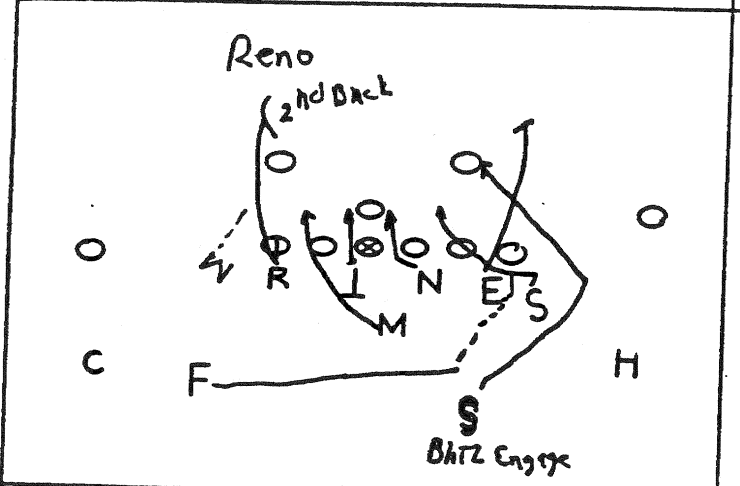
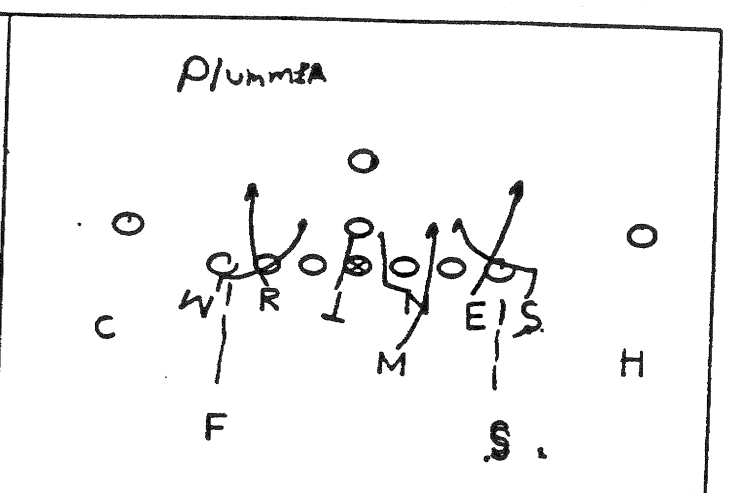
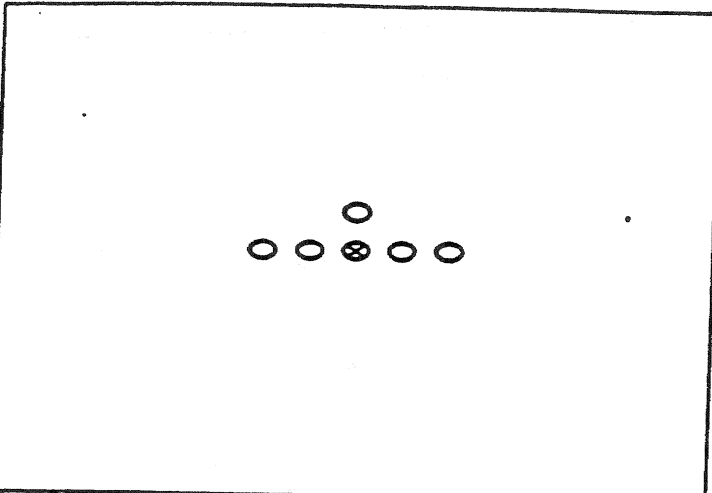
vs Pass you are M/M unless your Receiver goes to The FLAT.

Safeties: If your Receiver blocks or goes to The FLAT Run Combo Technique



OPPONENT: Desert Cobra Day

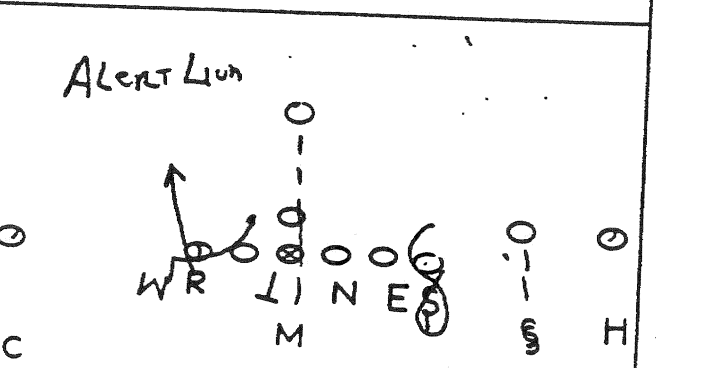
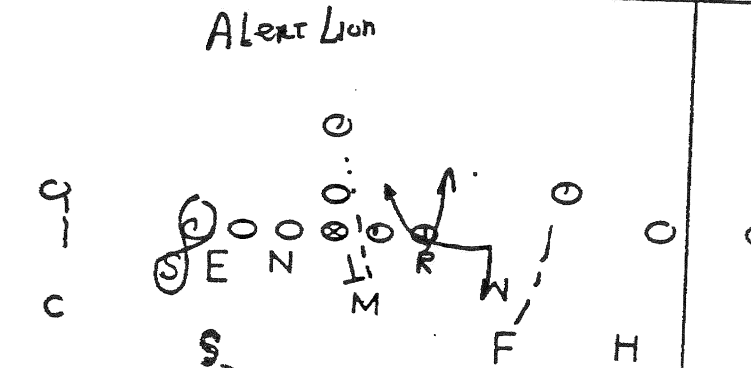
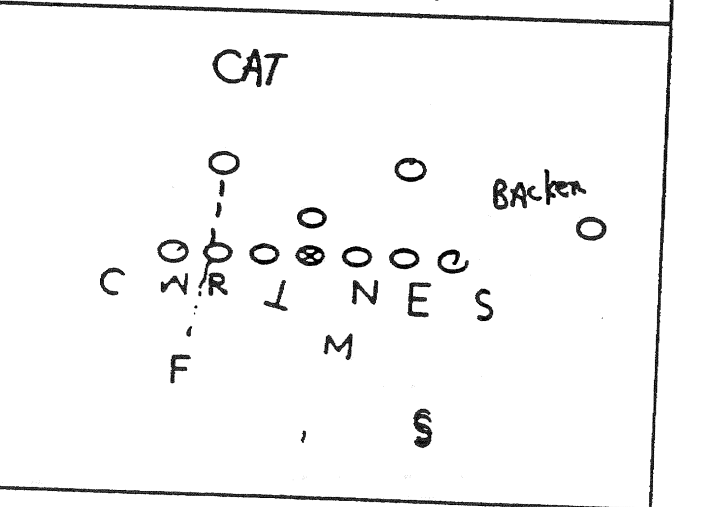
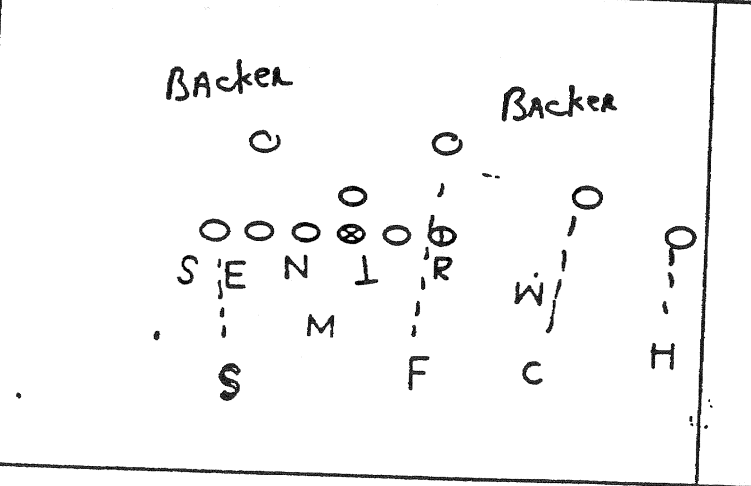
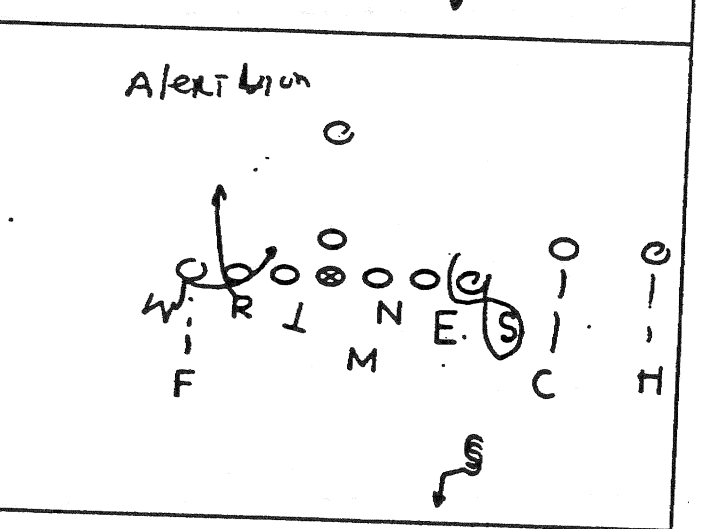
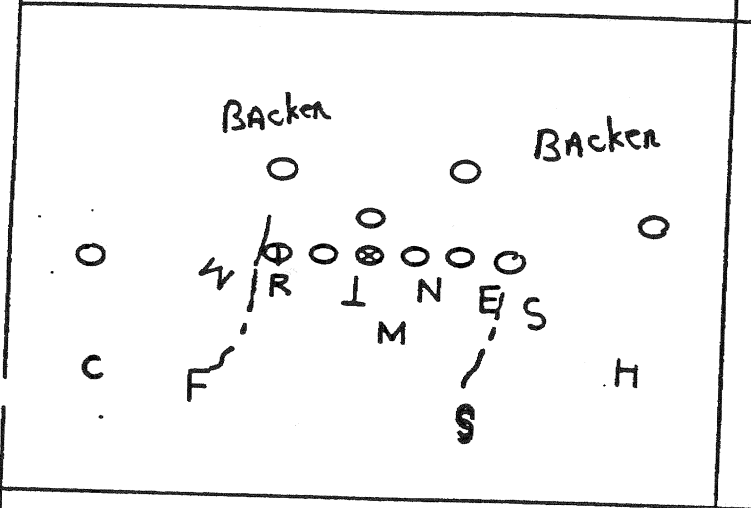
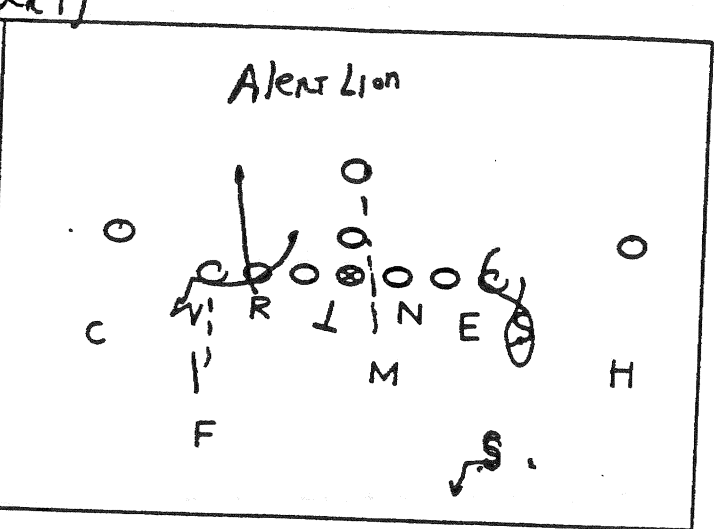
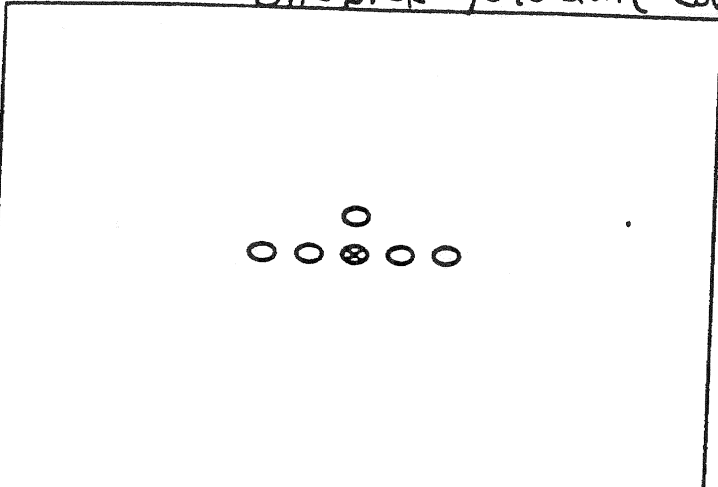
DATE: _____



OPPONENT: Desert Dog Alert Lion

DATE: _____

VS ONE BACK 90 TO Lion (= cover 1)



OPPONENT: Desert 6 Sky/8

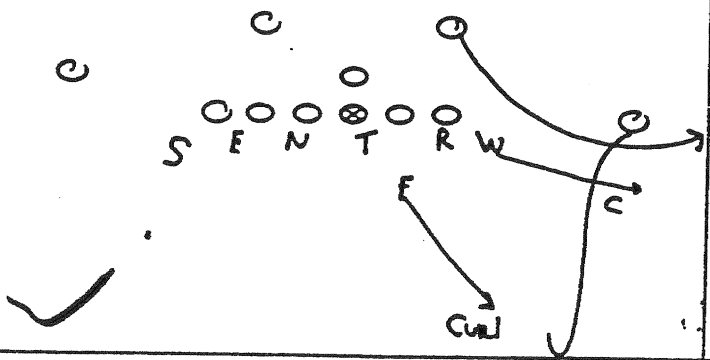
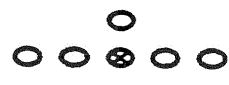
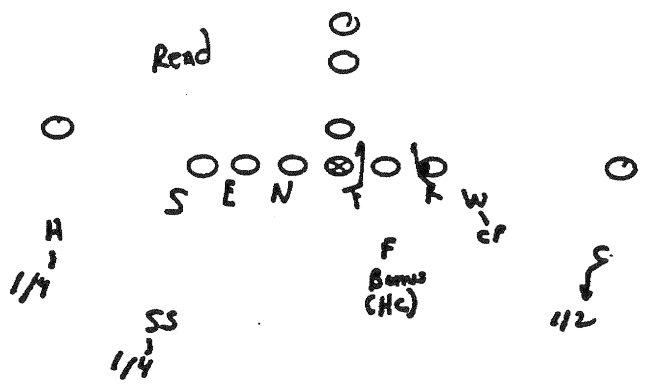
DATE: _____

✓ BLUE TO ONE BACK



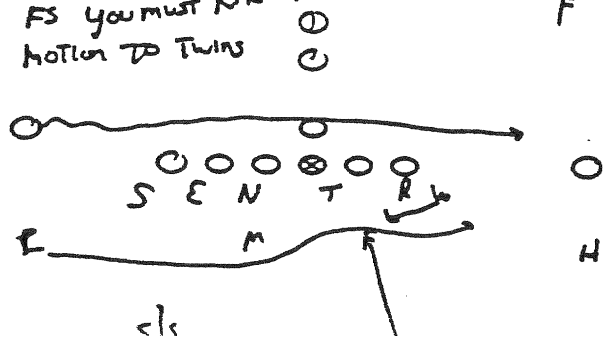
✓ 6 Sky

FIS RUN AWAY PLUG THE 'A' GAP
RUN TO STACK



✓ 8 VS Motion

FS you must know. If you get ZITS, expect motion to twins



1998 Spring Practice # 3

FRONTS

ODD
ODD ANGLE
ODD SCREW
ODD AUTOMATIC

COVERAGE

NUT (BUZZ/I'M HERE)
STORM 2 BACKER
ZONE

FRONT ADJUSTMENTS

HOLD
MOVE

STUNTS

HOLD ODD FIELD STORM 2 BACKER
SPLIT FIELD STORM 2 BACKER

FIRE ZONES

HOLD ODD FORMATION FZ (HASH)
ODD OPEN ANGLE FZ

BLITZ

EAGLE RATTLER
DESERT RATTLER

CALLS

ROGER/LOUIE

DEFENSIVE CALLS

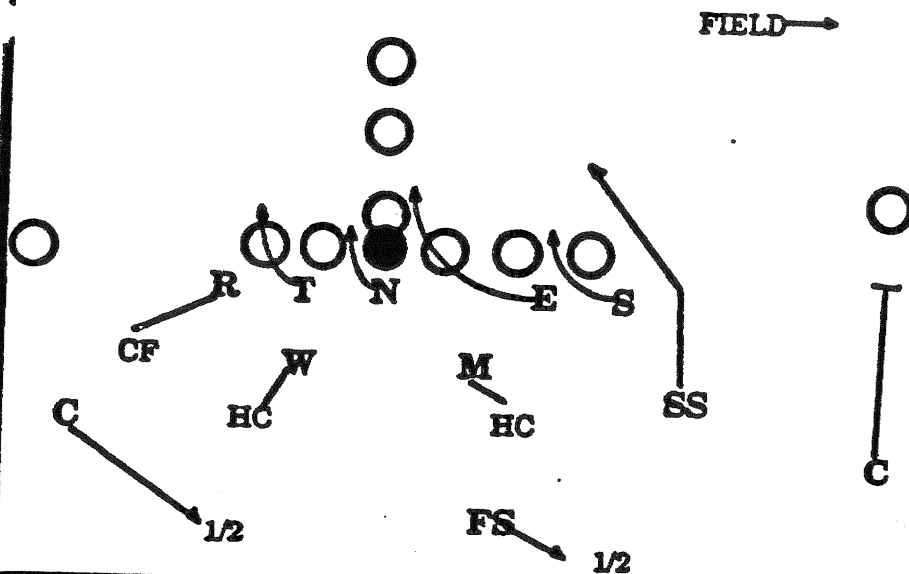
HOLD ODD FORMATION FZ (HASH)
ODD OPEN ANGLE FZ
HOLD ODD FIELD STORM 2 BACKER
ODD NUT
ODD ANGLE 6
ODD AUTOMATIC 6
ODD SCREW BOLT
SPLIT FIELD STORM 2 BACKER
EAGLE RATTLER
DESERT RATTLER

SPLIT: Field

STORM 2 BACKER

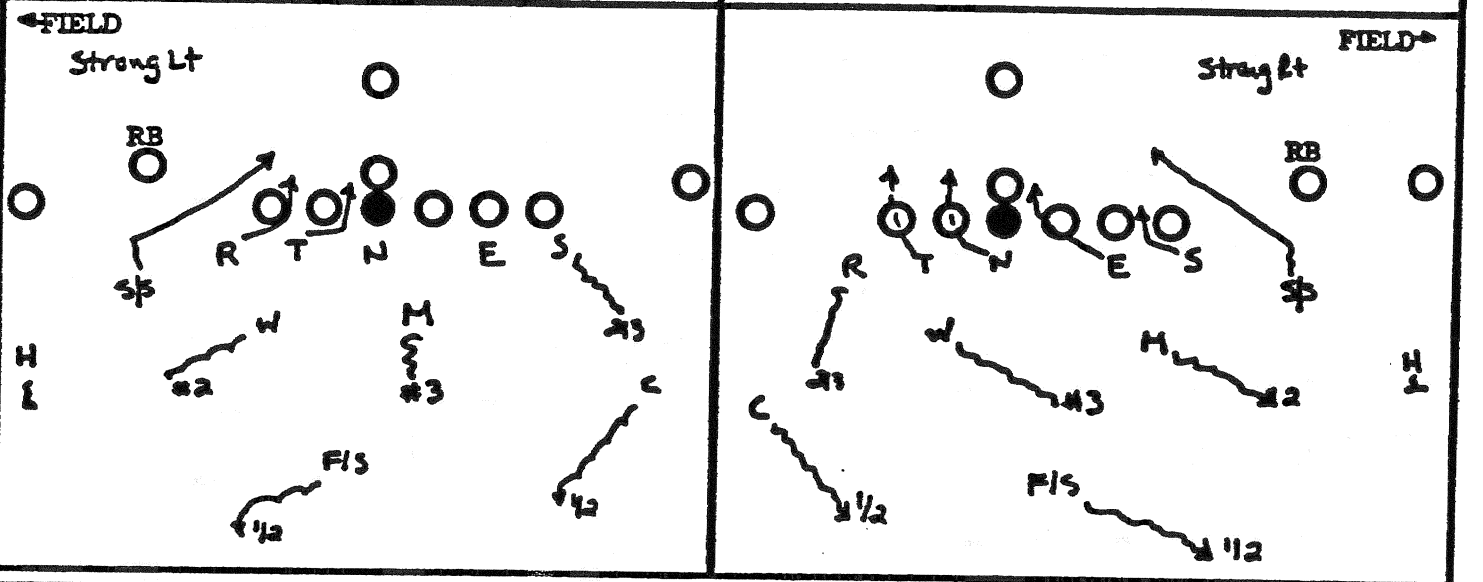
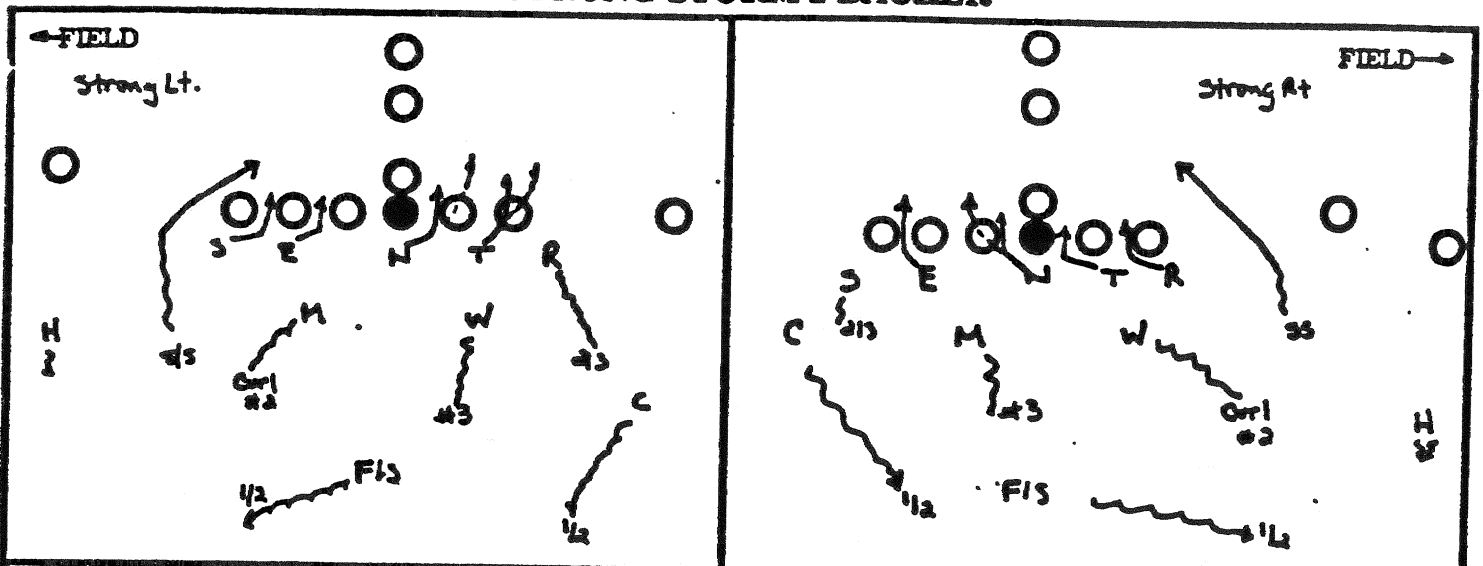
COACHING POINTS

1. No match for the secondary
2. SS goes to *Field* - Must give strong Rt / Lt call to designate where stunt is coming from. (*Field*)
3. Angle pattern with a long scoop.
4. 2 deep roll to side to stunt
5. Rush or Sam away from call will be primary force (2/3 match)
6. ILB to side of stunt must push to #2 WR
7. ILB away from stunt 3 hook player



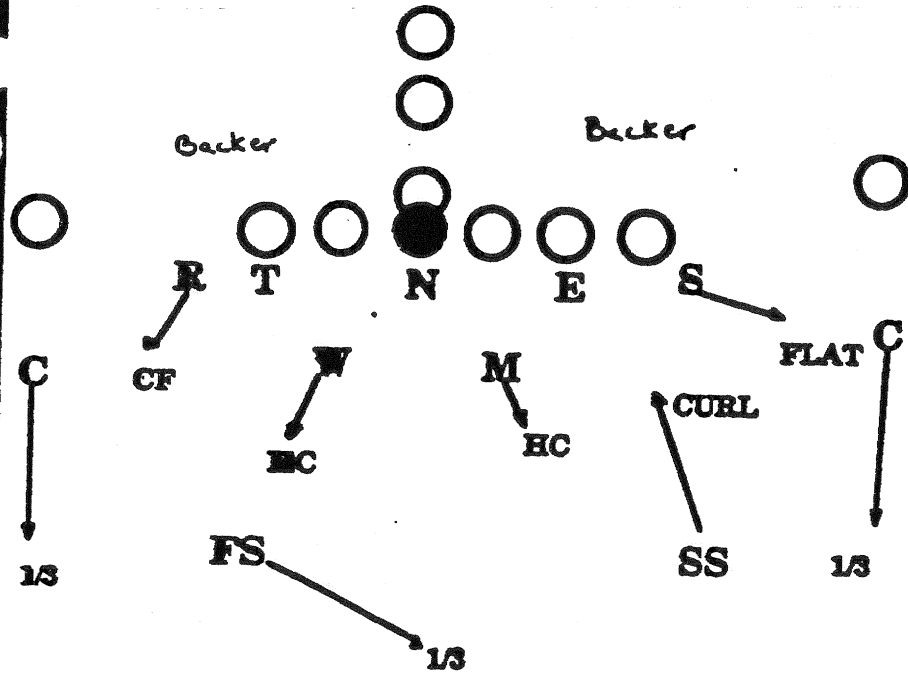
POS	ALIGN	KEY	RUN TO	RUN AWAY	SHOW PASS	FLOW PASS TO	FLOW PASS AWAY
RUSH END	GHOST	O.T. TO BALL	PRIMARY SUPPORT	SLOW FLOW	2/3 MATCH	→	→
ZIP END	5	BALL	LONG SCOOP B TO A	LONG SCOOP	A GAP RUSH	→	→
3 TECH	3	BALL TO O.T.	B TO C JET	B TO C JET CHASE CONTAIN	B TO C JET CONTAIN	→	→
NOSE	0	BALL TO GUARD	ANGLE TO A B GUARD BLOCK DOWN	ANGLE TO A TO BALL	A TO B GAP LANE	→	→
SAM	CHEAT 9	BALL	C GAP BAT	C GAP TO BALL	C GAP RUSH	→	→
MACK	30	BACKS	D GAP SCRAPE	FAST FLOW	HOOK CURL #2	→	→
WILL	30	BACKS	SQUEEZE	FAST FLOW	HOOK CURL #3	→	→

SPLIT STRONG STORM 2 BACKER



POS	ALIGN	KEY	RUN SUPPORT	PASS TECHNIQUE
SS	2 BY 7 ON TE	BALL	RUN TO: BLITZ D GAP SPILL RUN AWAY: CHASE CONTAIN	BLITZ CONTAIN
FS	12 YDS DEEP ON BALL	#2 TO #1	SECONDARY	STRONG INSIDE 1/2
STRONG CORNER	OUTSIDE TECH 8YD DEEP	#2 TO QB	PRIMARY	SOFT CLOUD (SAME AS COVER 8)
WEAK CORNER	8-10 YD DEEP INSIDE TECH	#2 TO #1	SECONDARY	WEAK 1/2 (SAME AS 6 SKY)

HOLD ODD NUT



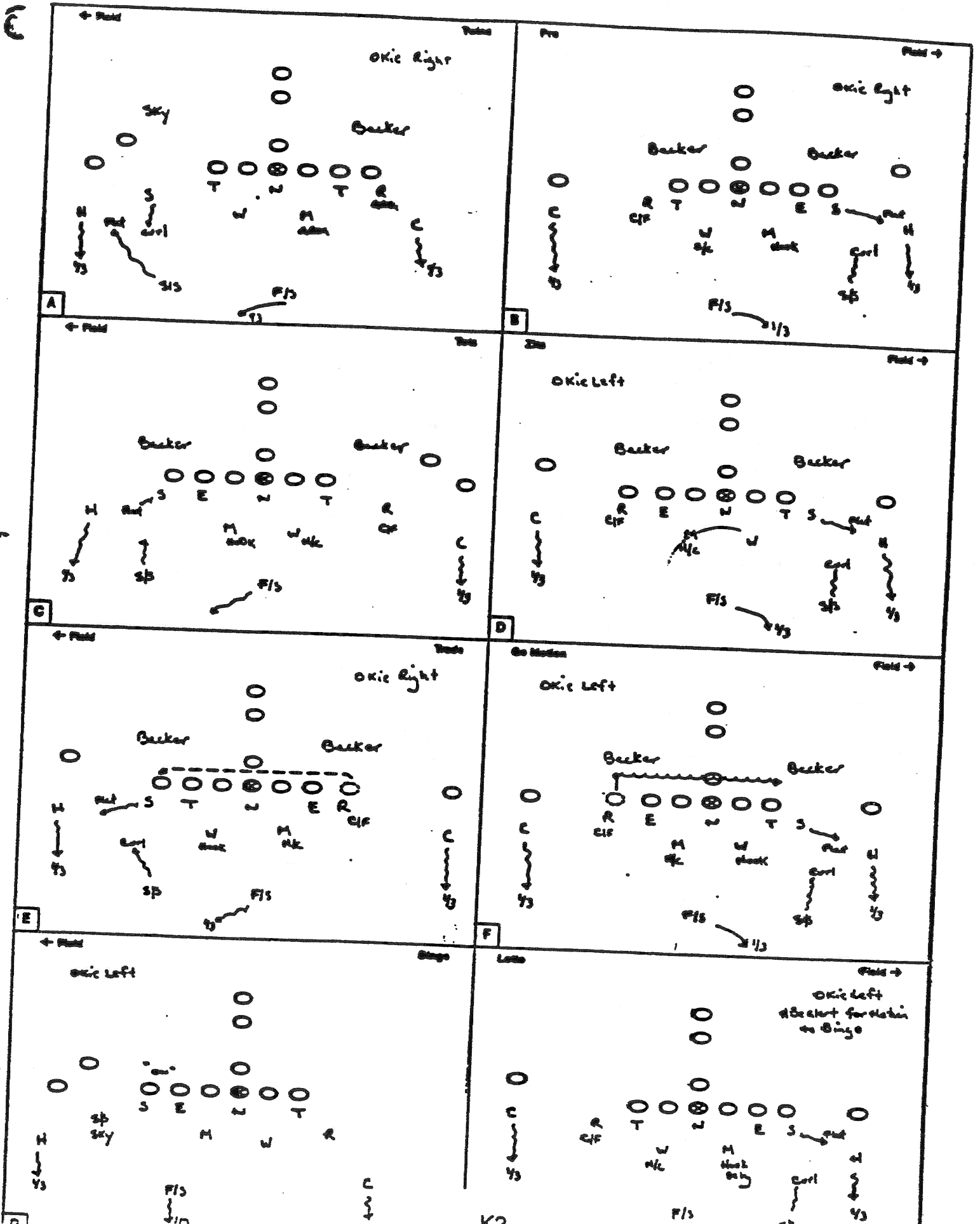
COACHING POINTS

1. No match in secondary
2. Always played with hold
3. 8 man drop
4. 2 gap front
5. Vs twins I.A here call Sam- Walks out curl player SS- Flat player
6. Could be played with Star

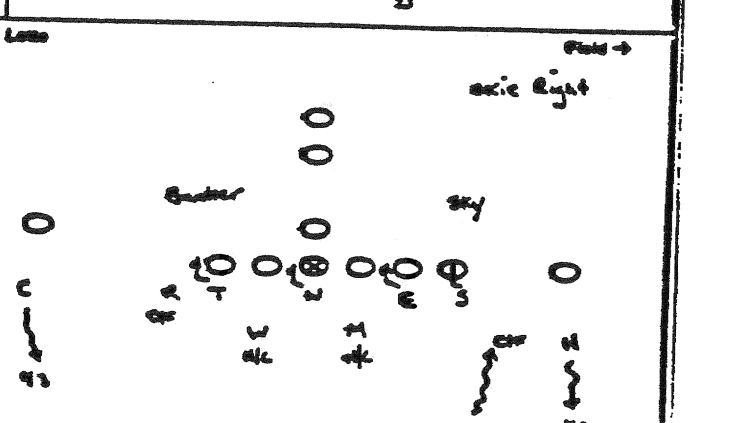
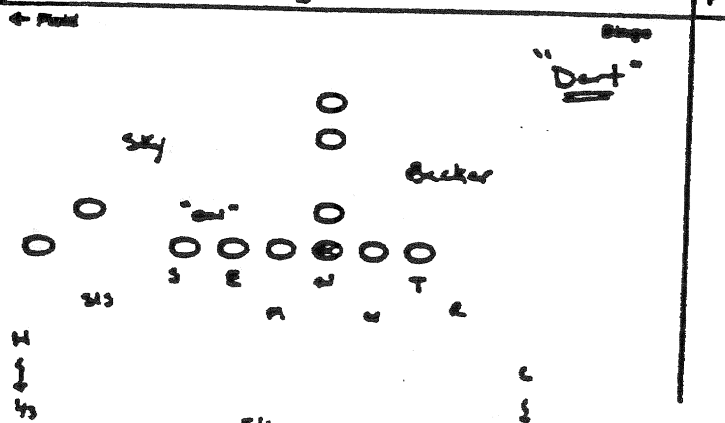
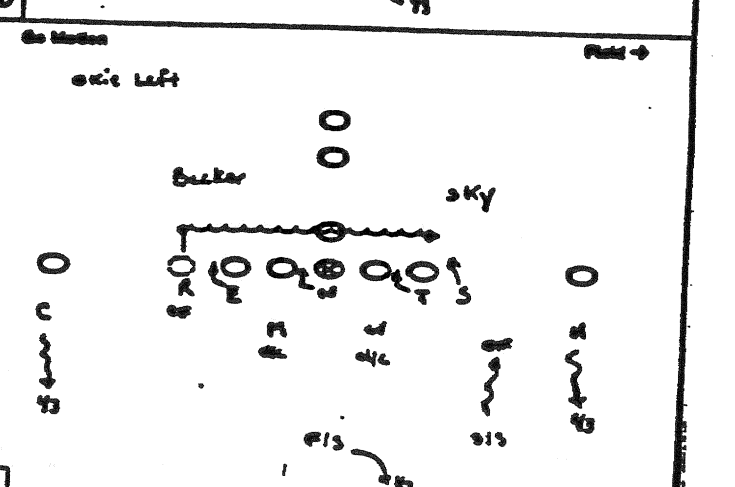
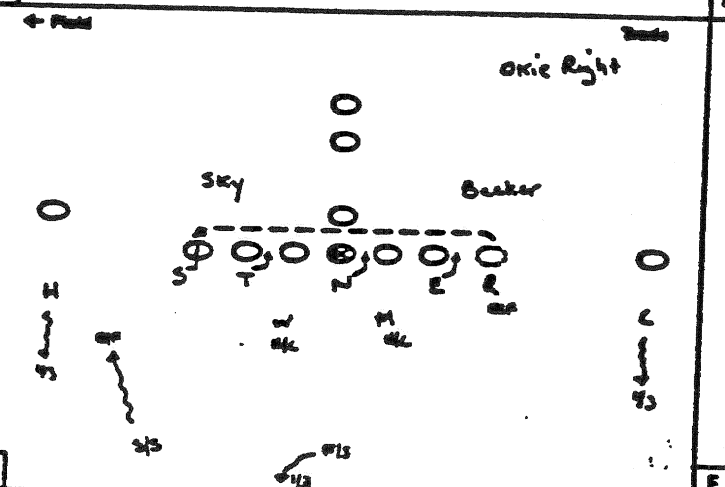
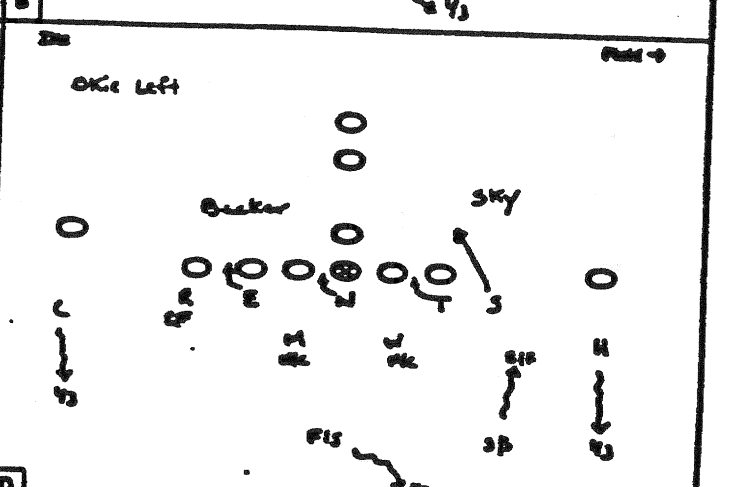
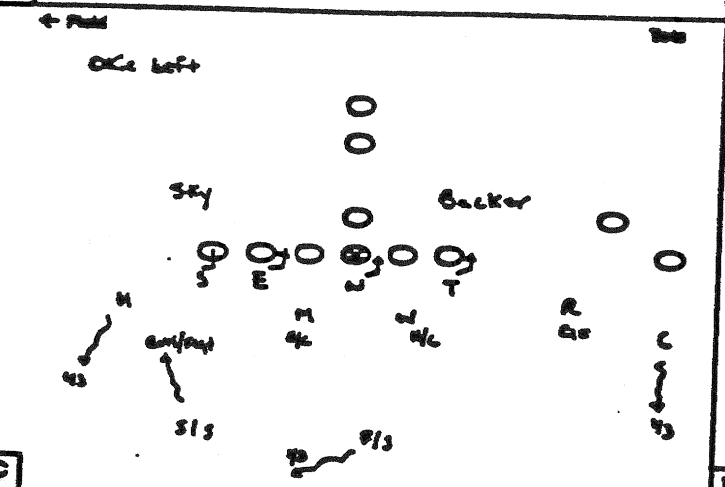
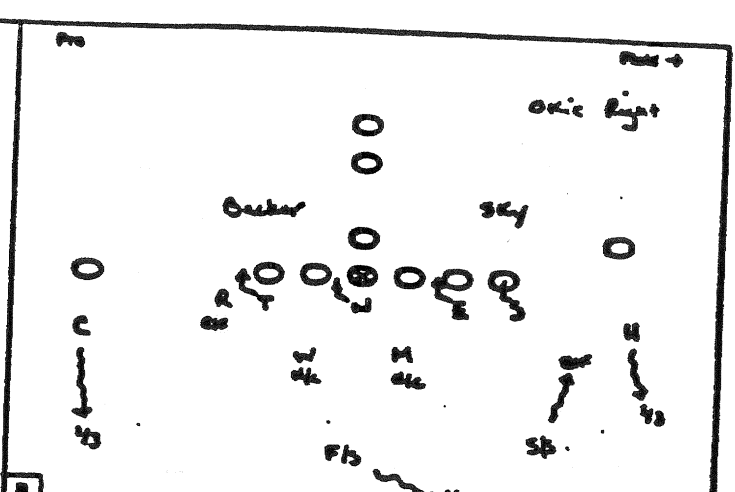
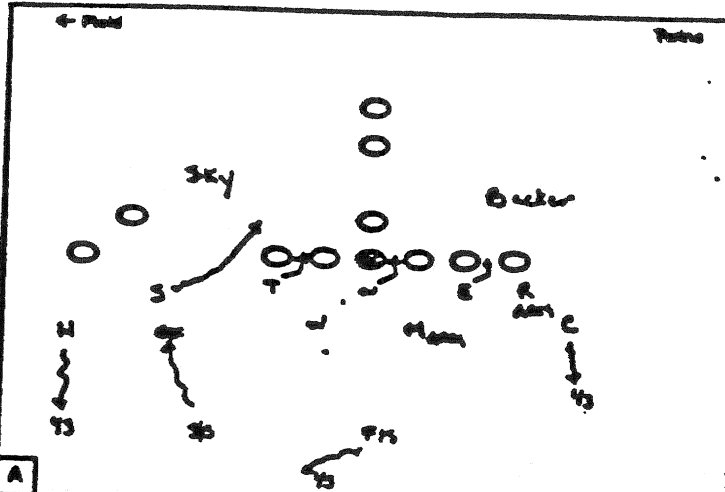
*Bring sky
Twins - in here*

POS	ALIGN	KEY	RUN TO	RUN AWAY	SHOW PASS	FLOW PASS TO	FLOW PASS AWAY
RUSH END	GHOST	FLOW OF BACKS	PRIMARY	FOLD SLOW FLOW	CURL/FLAT	→	→
ZIP END	4	O.T.	2 GAP B-C GAP	B GAP CHASE CONTAIN	CONTAIN RUSH	→	→
3 TECH	4	O.T.	2 GAP B-C GAPS	B GAP CHASE CONTAIN	CONTAIN RUSH	→	→
NOSE	•	C	2 GAP A-A	2 GAP A-A	A GAP RUSH TO FIELD	→	→
SAM	9	T.E.	PRIMARY BOUNCE	FOLD SLOW FLOW BOOT/ SALLY	BUZZ TO FLAT	→	→
MACK	30	FLOW OF BACKS	B GAP BOUNCE	SLOW FLOW 2 GAP	HOOK DELAYS	→	→
WILL	30	FLOW OF BACKS	B GAP	SLOW FLOW 2 GAP	HOOK CURL	→	→

HOLD ODD NUT



HOLD ODD SCREW BOLT

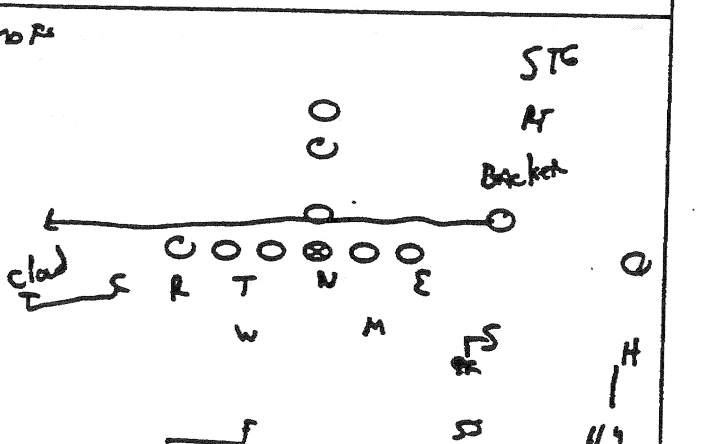
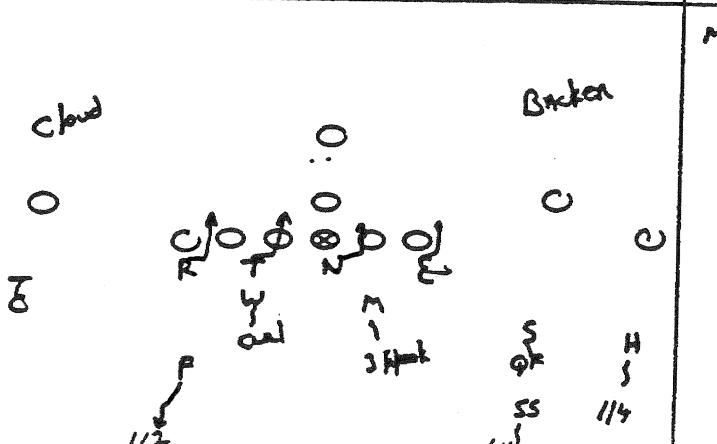
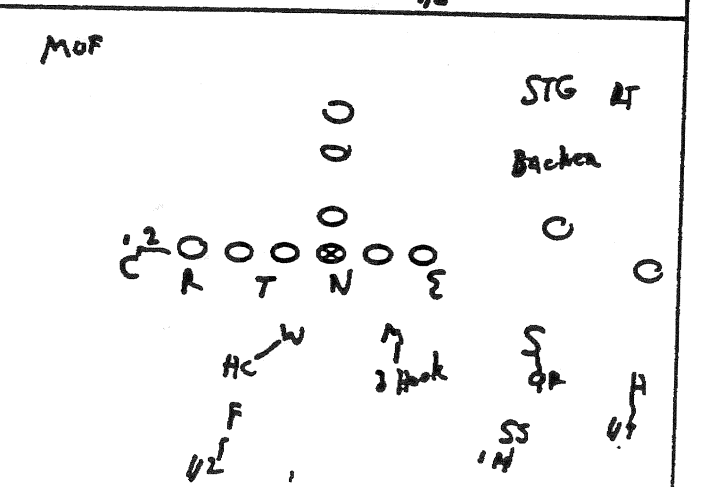
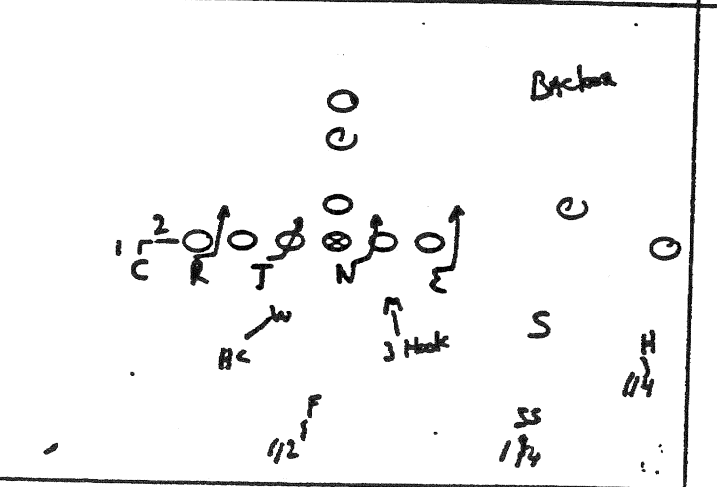
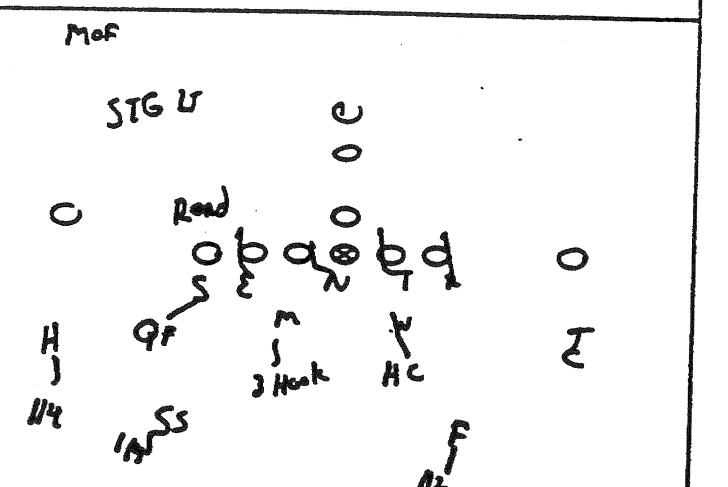
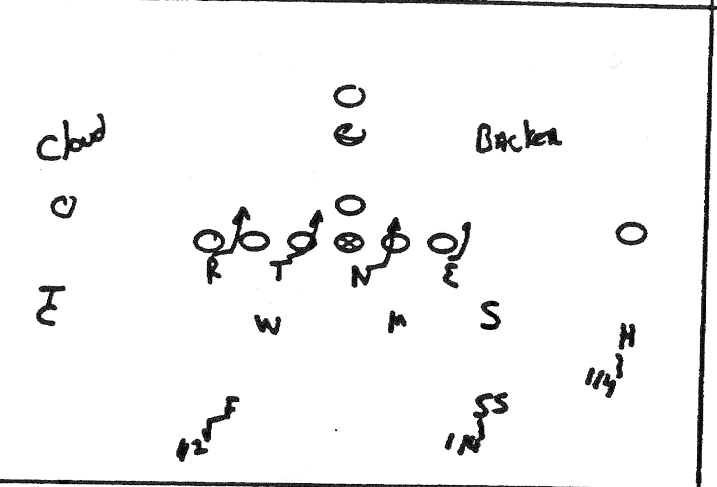
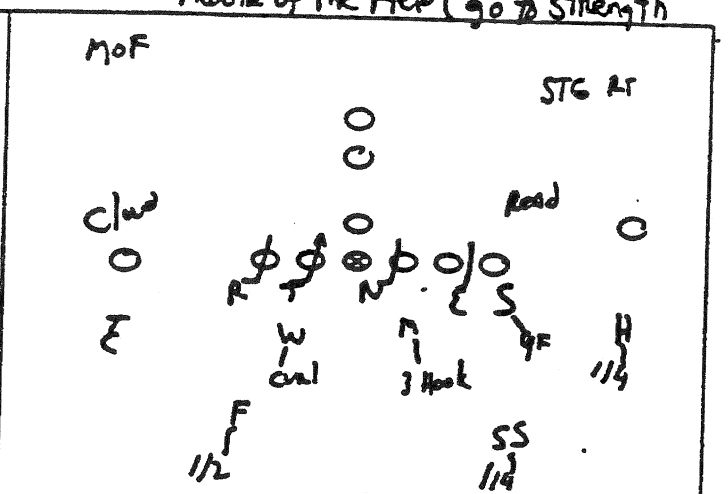
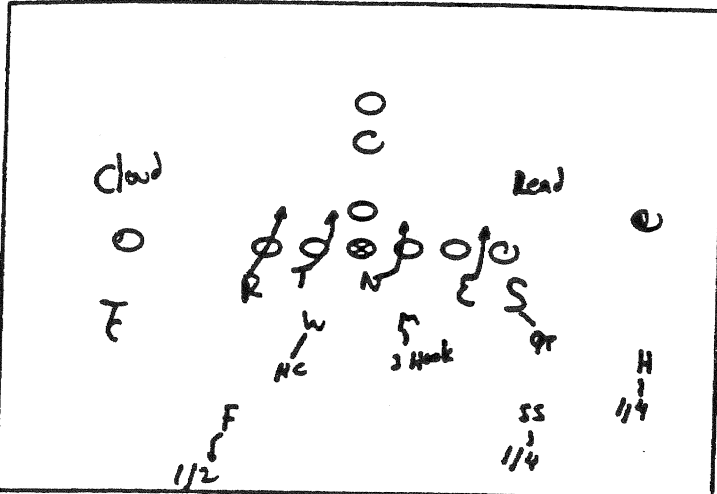


OPPONENT: H Odd Angle 6 = Bench 6

DATE: Odd Automatic 6

SS gives A strong LT OR RT IN THE MIDDLE OF THE FIELD (GO TO STRENGTH)

F



1998 Spring Practice # 4

FRONTS

DESERT DOG

600 DOG

600 ORANGES CAT

100 CAT "ROLL"

COVERAGE

WHITE

CAT

600 DOG

FRONT GAMES

CROSS

SWITCH

DEFENSIVE CALLS

600 DOG

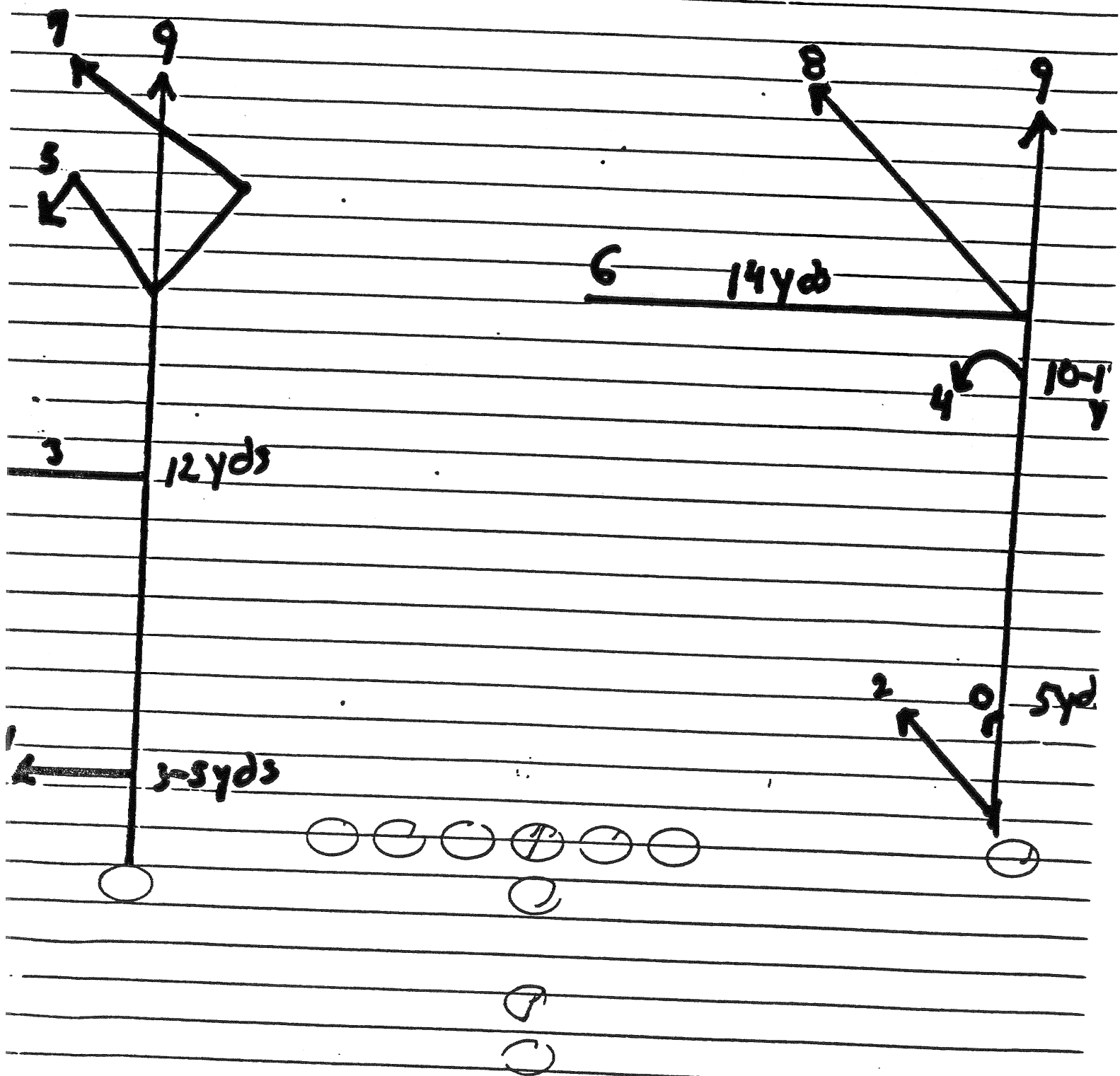
600 ORANGES CAT

100 CAT "ROLL"

BLACK CROSS

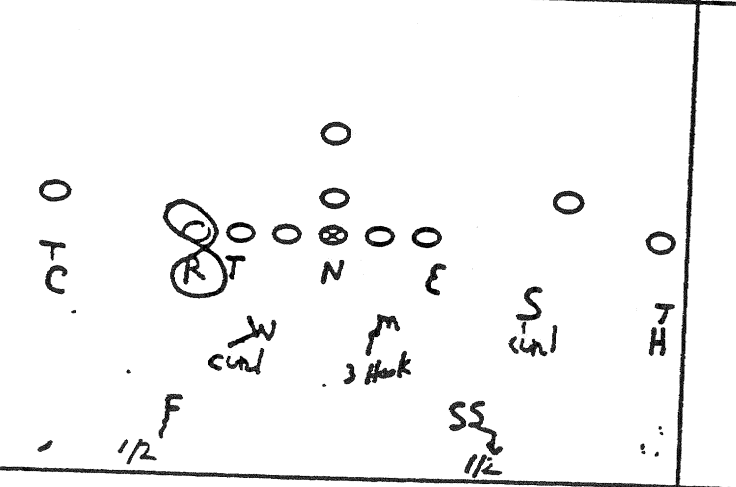
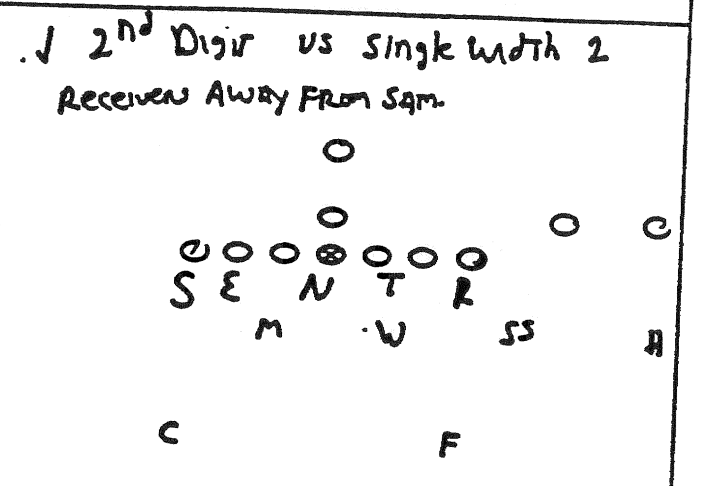
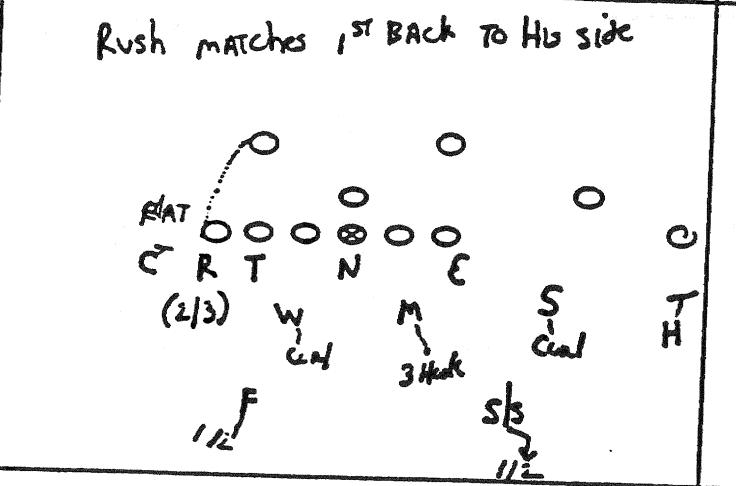
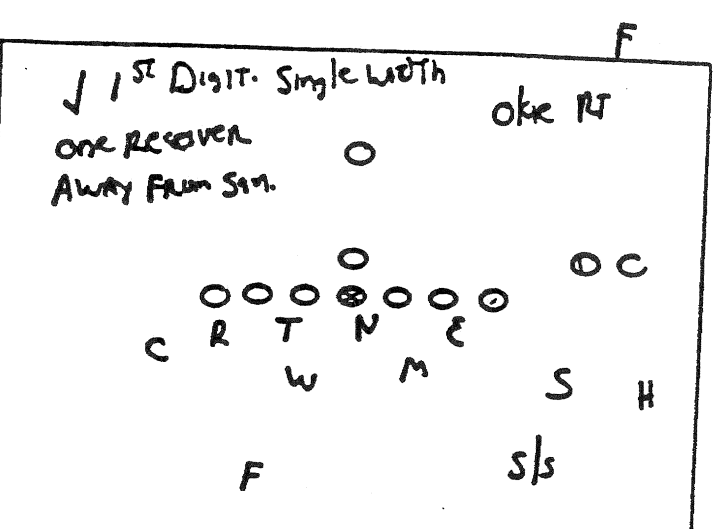
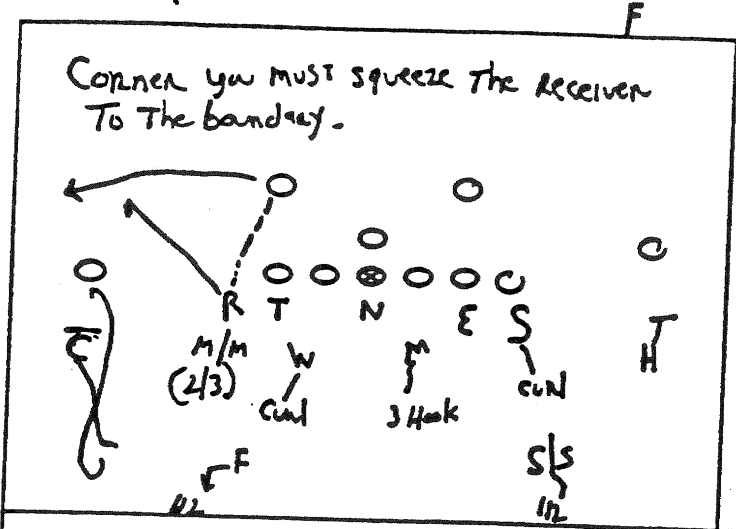
BLACK SWITCH

MARCH 26 PRACTICE #4



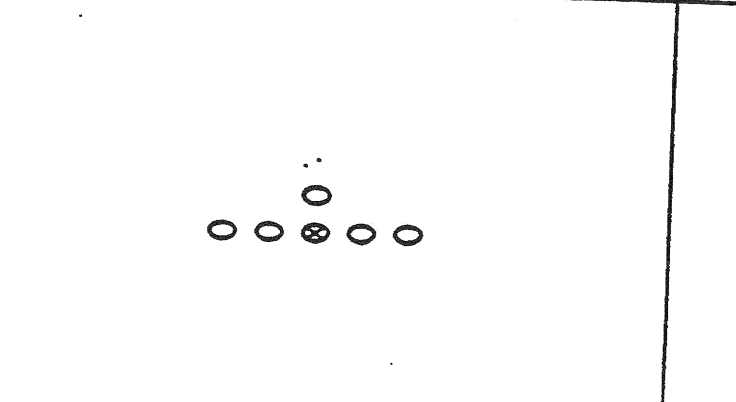
OPPONENT: H Odd ZONE (8 man DRop)

DATE: White 6 OR 4



You must know where the SAM is

What is one of our Goals:
Understand The defense



Technique:
Safeties: good STANCE, STAY low in Back pedal.

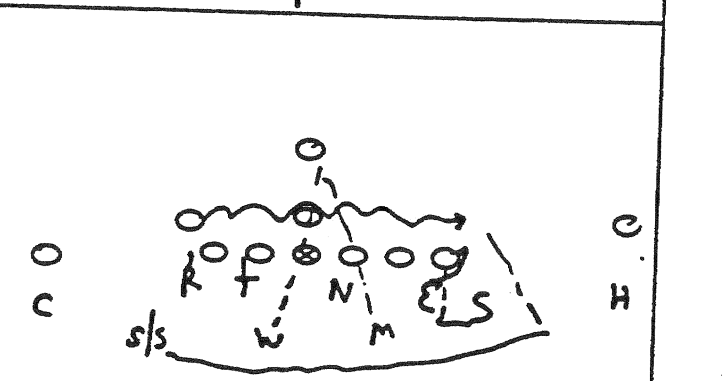
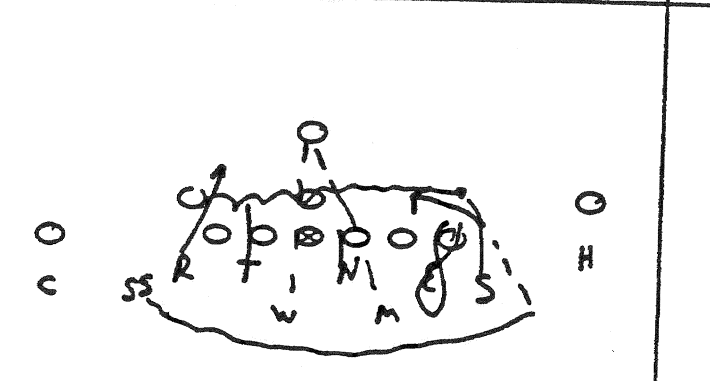
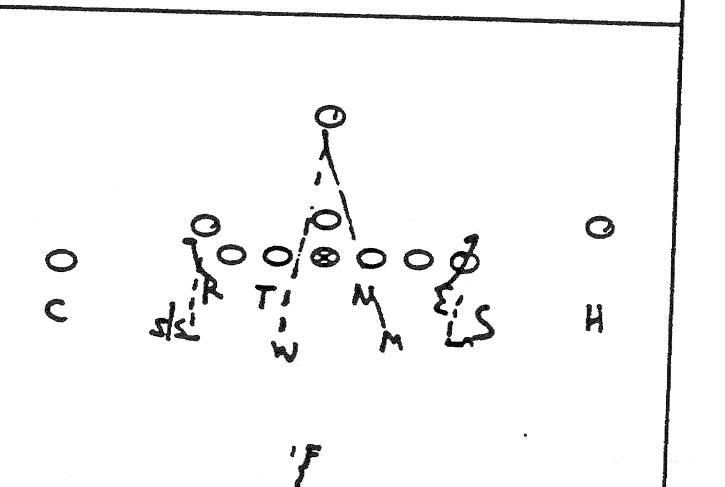
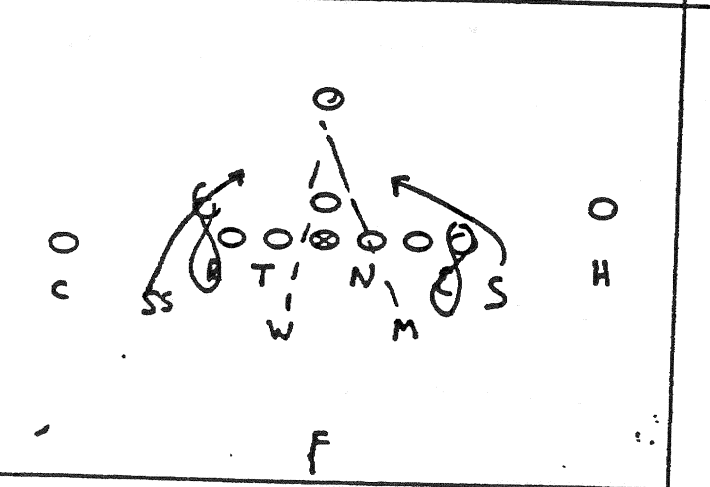
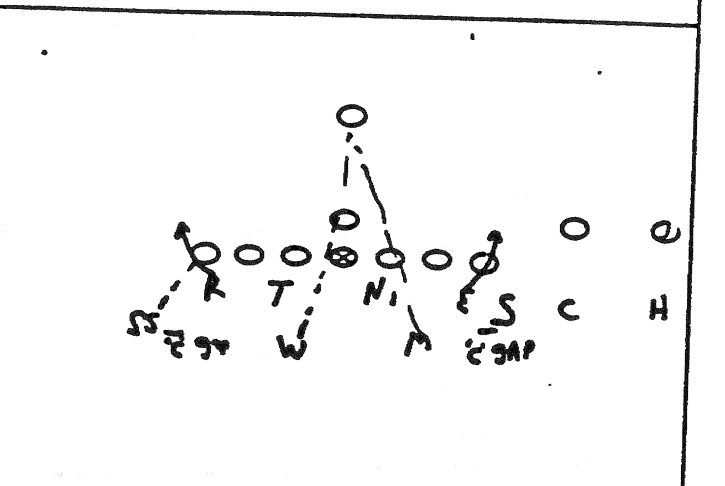
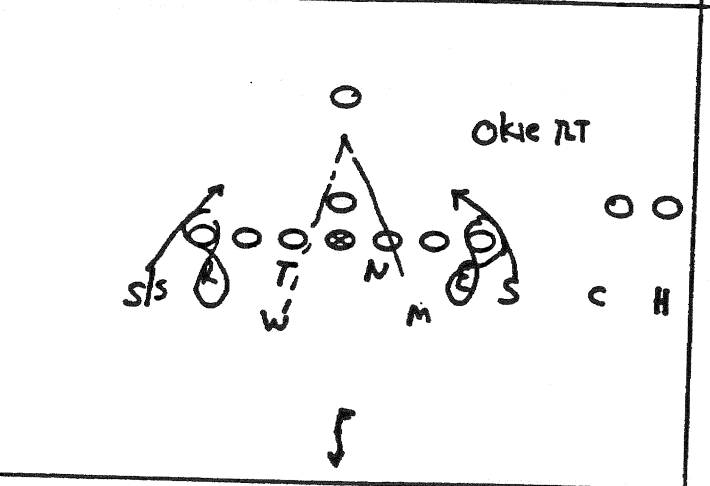
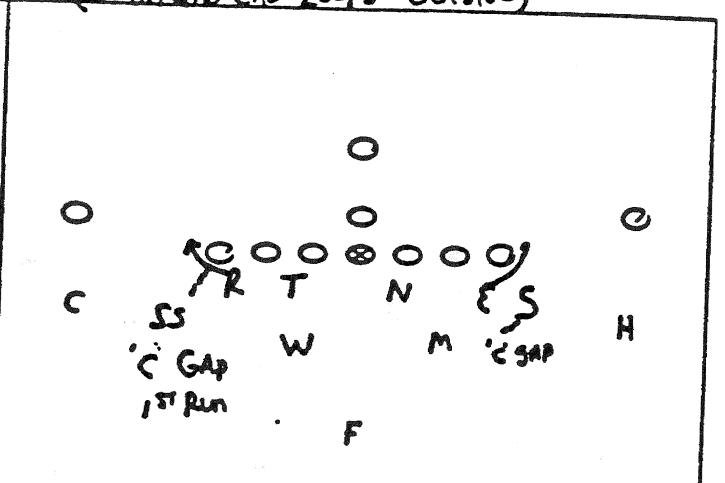
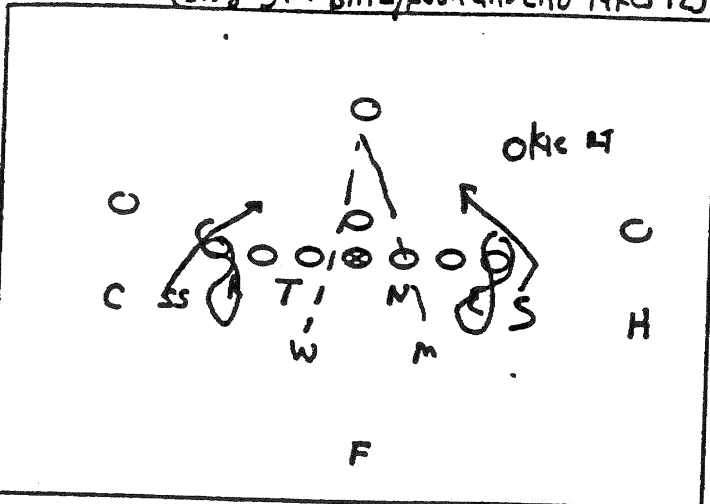
WE are NOT reading our keys
(High/Low shoulders, Run pass key, Receivers releasing is pass.)

OPPONENT: BLACK SWITCH

DATE: BLACK CROSS

(S/S & Sam Blitz/Rush and End Takes TE)

(S/S & Sam 'C' gap vs run BUT STILL M/M on TE
(Rush and End Loops OUTSIDE))



OPPONENT: Disguise

DATE: _____

MOVE LATE

S E N T R
M W
s/s D E S E R T 9 F C H

R T N E S
W M
Zip 6 F 114 114 H

S E N T R
M W C
s/s 3 OR 8 F

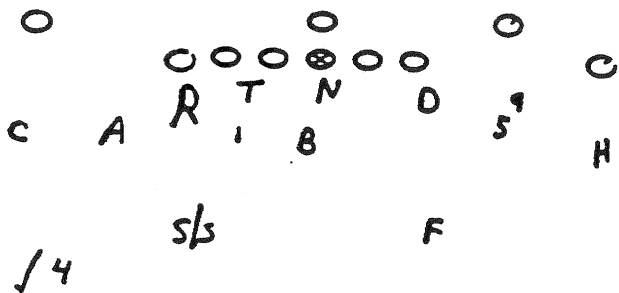
OPPONENT: 5⁹ Bolt AUTO
 5⁹ To Field Adjuster To Boundary

DATE: _____

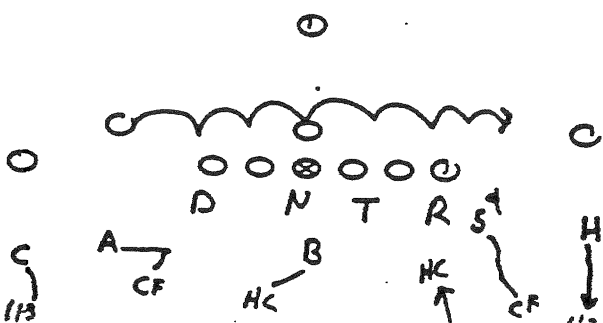
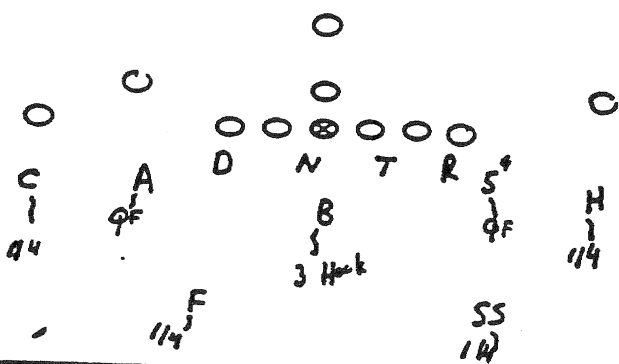
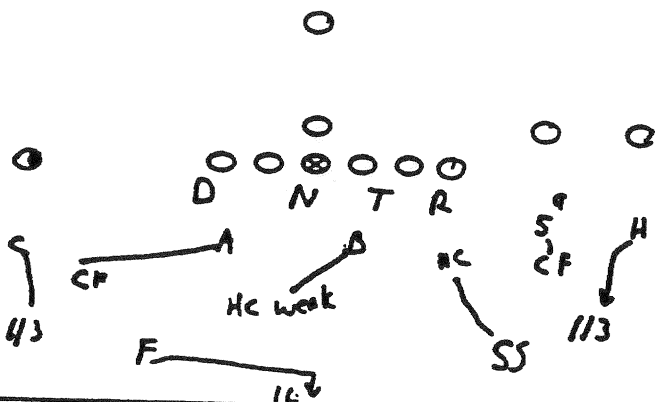
2/2 ✓ 4 3 by 1 ✓ Bolt [F]

5⁹ Back^o BACKER Support, you are PRIMARY: (Key Col For run.
 you are A QUARREL Flat Technique.

#2 TO Flat, match him. #2 curl square him FROM
 outside in. You must C see #3.



✓ Bolt



1998 Spring Practice # 5

FRONTS

NICKLE
EVEN
UNDER

COVERAGE

4
BOLT AUTO
CLOUD AUTO
BOLT/INVERT

FRONT GAMES

GAMES
ED
NEST
TEX
THUMBS
EARS

STUNTS

NICKLE BENCH RICH BOLT

FIRE ZONES

EVEN FLOOD FZ
EVEN CRASH FZ

BLITZ

NICKLE PLUMBER

CALLS

NICKLE CALL

DEFENSIVE CALLS

NICKLE BENCH RICH BOLT
EVEN FLOOD FZ
EVEN CRASH FZ
NICKLE PLUMBER

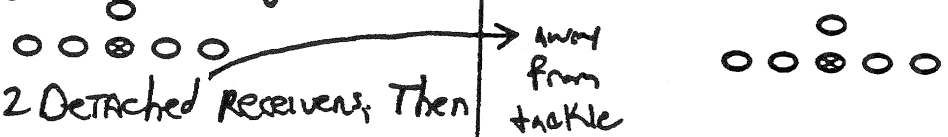
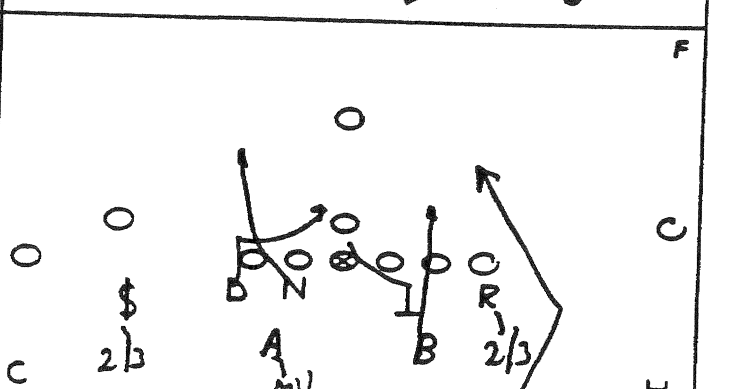
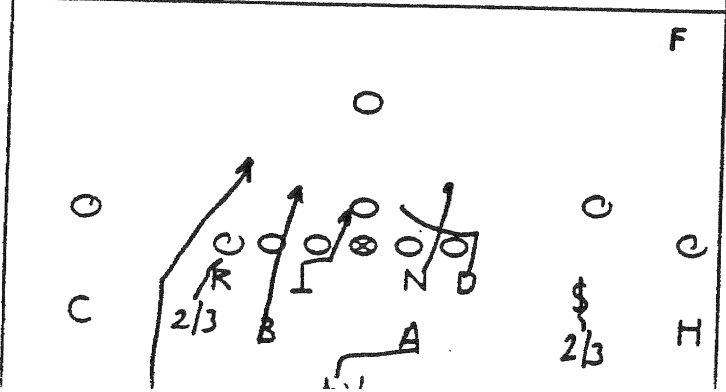
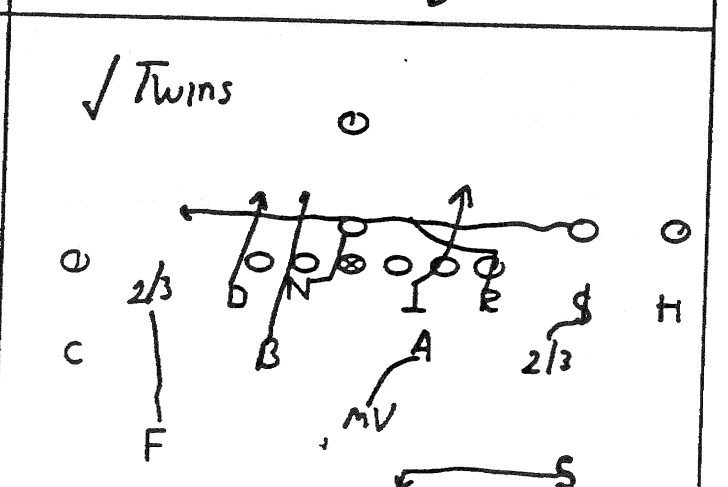
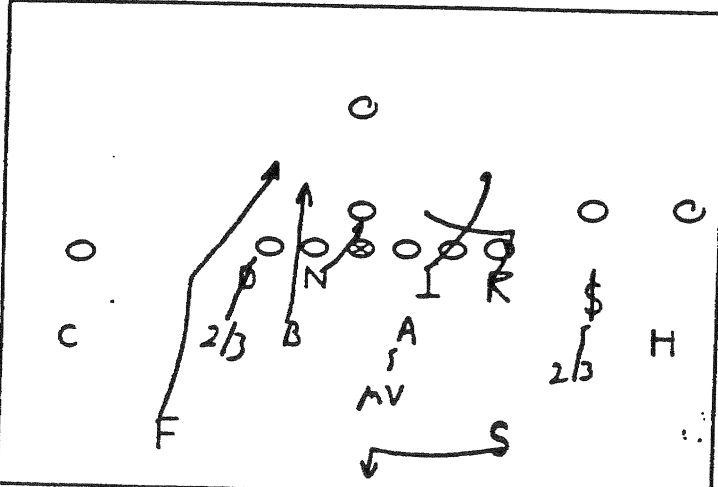
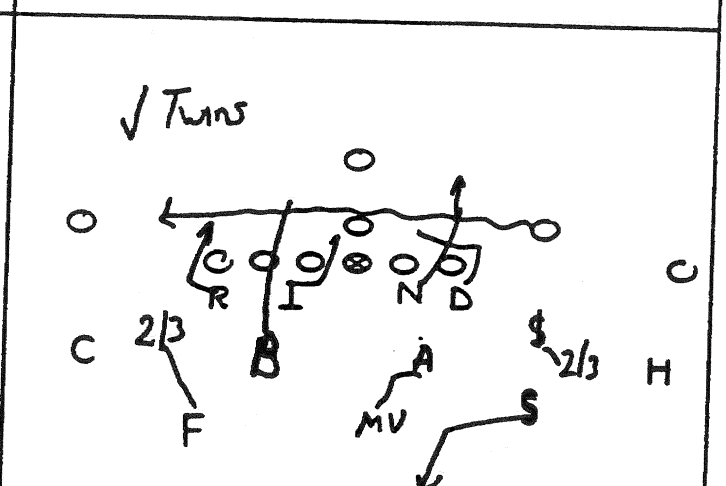
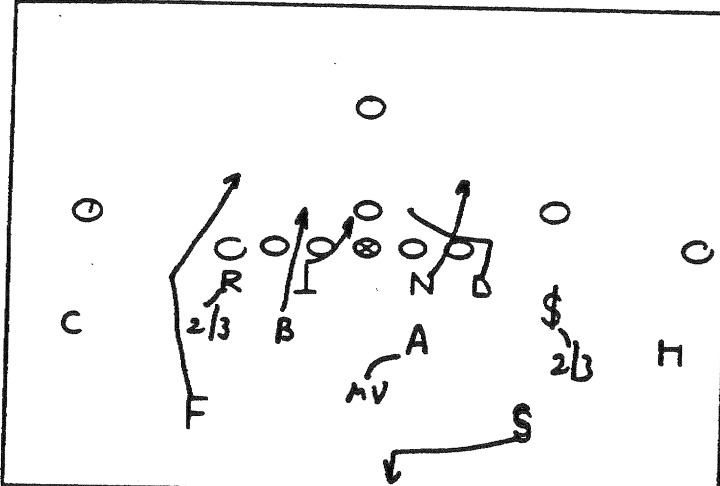
OPPONENT: Even CRASH. FZ

DATE: 5⁰ In FZ The S/S TRAVELS

With The 5⁹

Adjuster goes AWAY FROM THE STUNT
 The STUNT IS AWAY FROM THE 5⁹ BACK

FS will BLITZ off The edge unless
 he has 2 Detached Receivers; Then
 he must Call Turns and become the
 2/3 Player

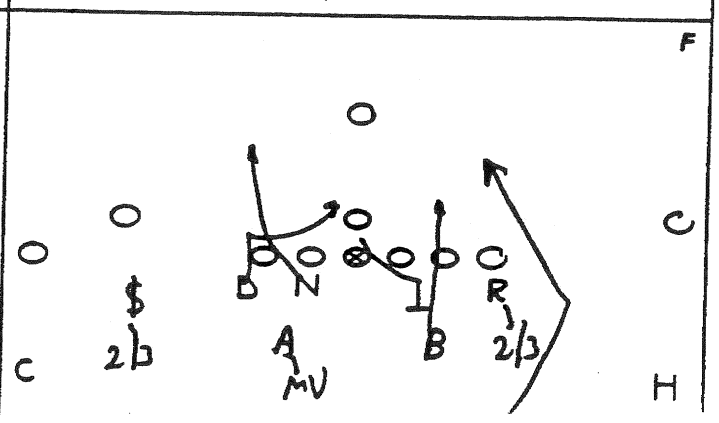
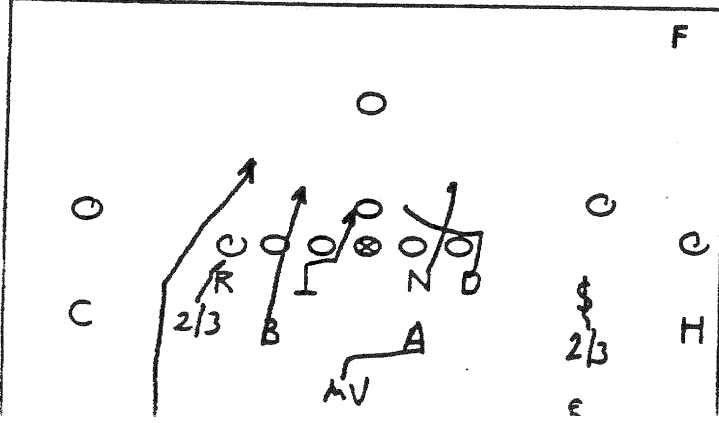
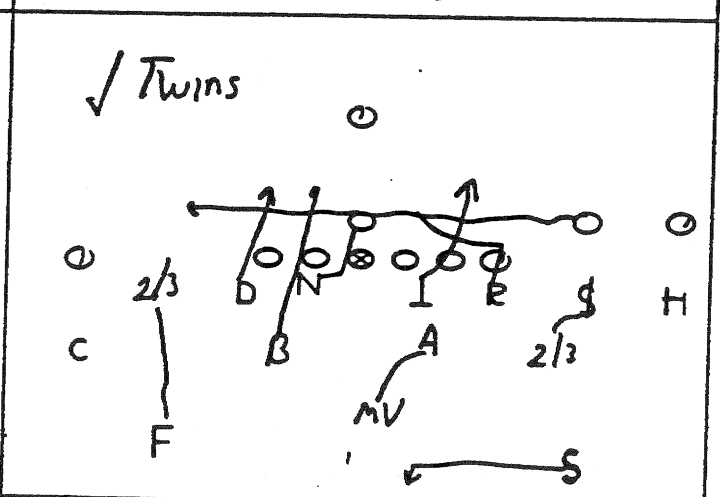
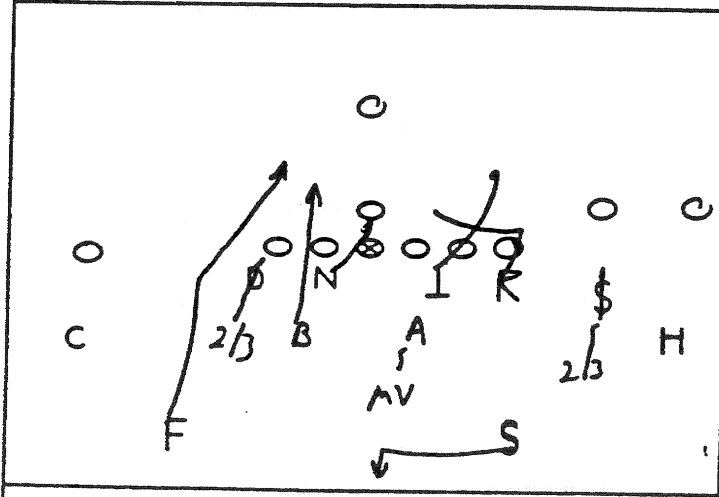
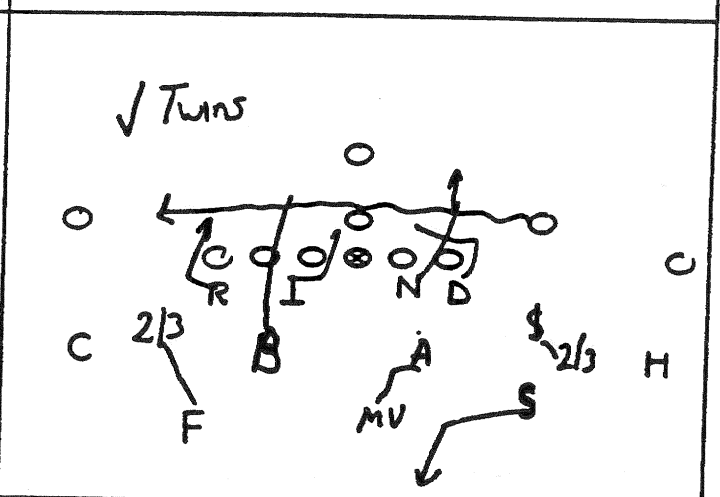
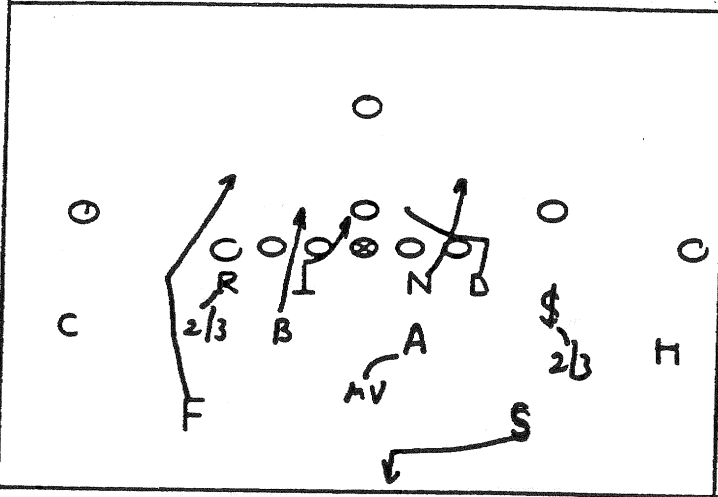



OPPONENT: Even CRASH. FZ

DATE: In FZ The S/S TRAVELS

With The S⁹

Adjuster goes AWAY FROM THE STUNT
 The STUNT IS AWAY FROM THE S⁹ BACK
 FS will BLITZ off The edge unless
 he has 2 Detached Receivers, Then
 he must Call Turns and become the
 2/3 Player



OPPONENT: Even Flood F2

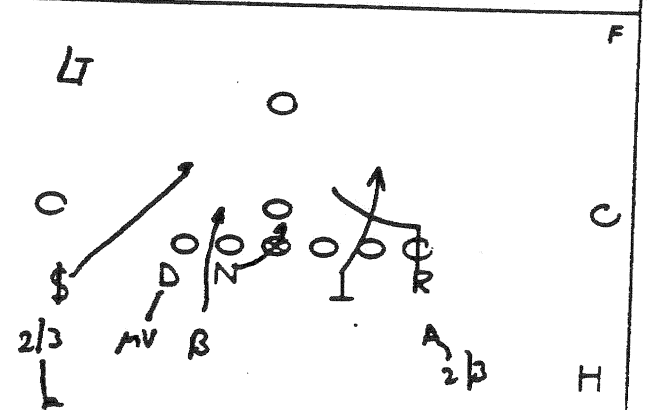
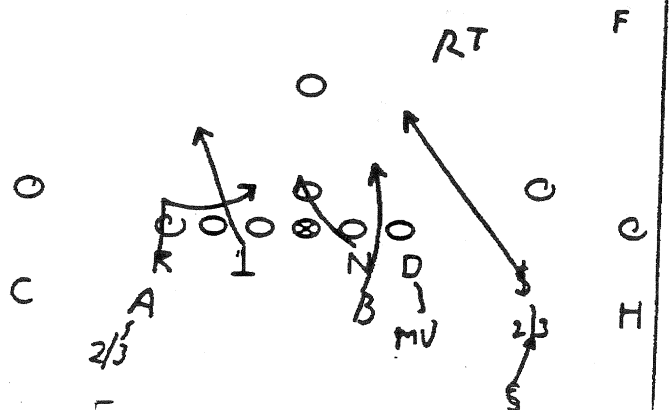
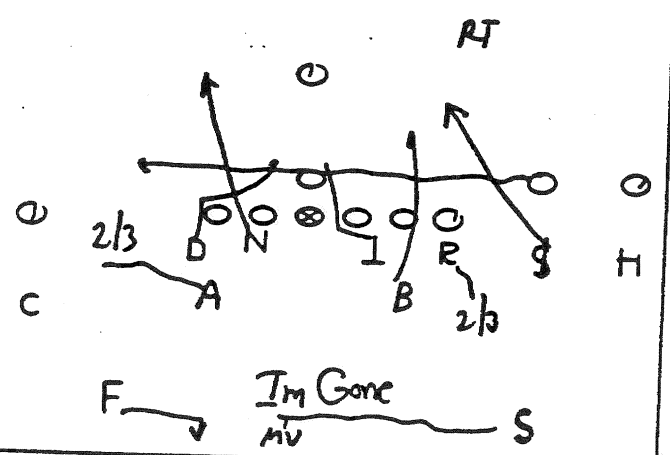
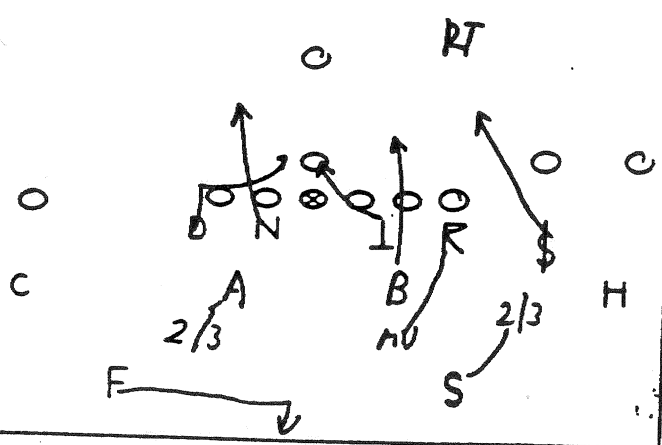
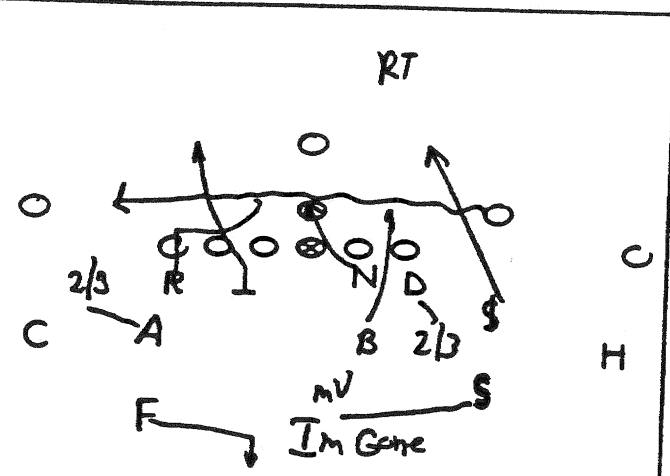
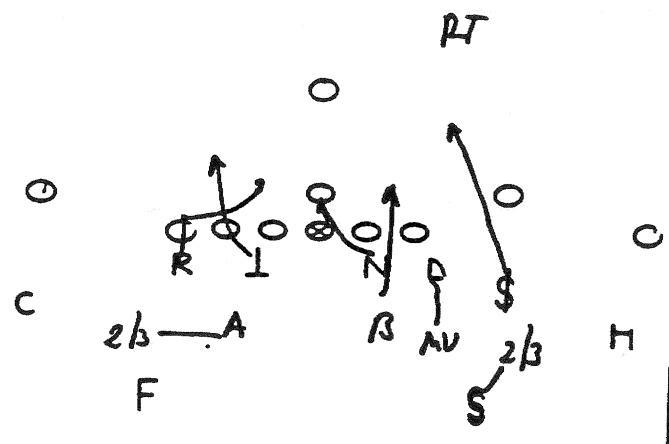
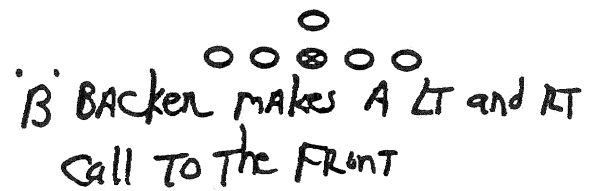
DATE: 1/11 F2 The S/S Travels with The S

STUNT comes to the S9 side.
He is running the STUNT. VS 2
Detached the S/S will be A 2/3



player. If you get motion give an
Im Gone call, you now become a
middle vertical player

Adjuster will always be 2/3 player
away from the STUNT



OPPONENT: 5° cloud AUTO

DATE: _____

2/2 ✓ 4
3/1 ✓ cloud

Cloud if a strong 3 Deep Roll

✓ 4

M.

✓ cloud

A. cloud
B. ✓ 4

✓ 4

✓ 4

OPPONENT: 5° cloud AUTO

DATE: _____

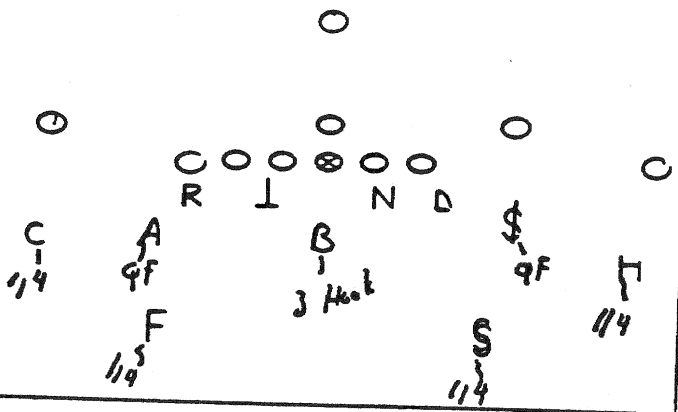
2/2 ✓ 4
3/1 ✓ cloud



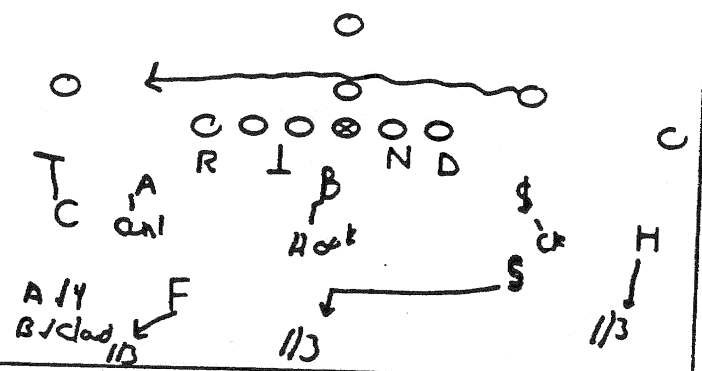
Cloud if a STRONG 3 DEEP Roll



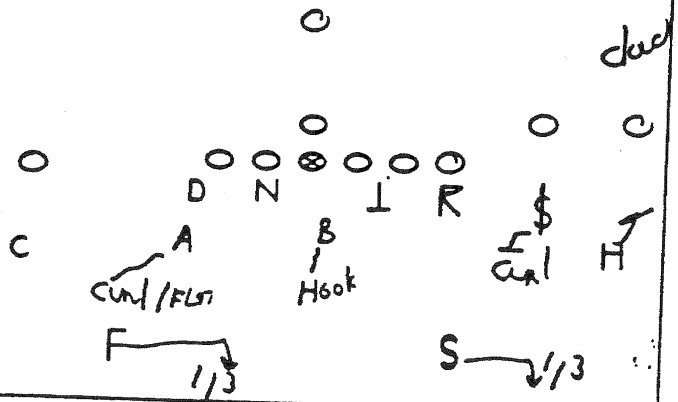
✓ 4



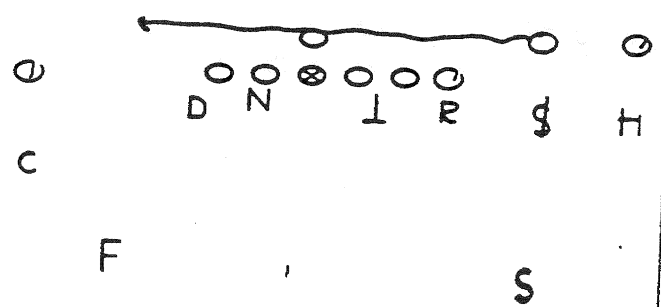
M.



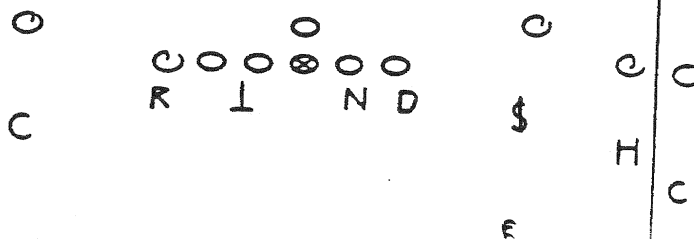
✓ cloud



A. cloud
B. ✓ 4



✓ 4



✓ 4

