

- 5-2 A
1. Our defensive strategy is to negate the opponent's running game prevent the long pass and stop the possession down pass.
 2. We can adjust our defenses to any opponent's strength or game situation.
 3. To execute as near to perfection the individual and team techniques
 4. We will have the ability to stem or to align in all our defenses.
 5. We will practice with great intensity demanding perfection of execution.
 6. We will concentrate on stopping our opponent's best plays, based on situational football.
 7. We believe that great defenses must have great pursuit,
 8. We believe that any play can be stopped if we practice against and see that play enough.
 9. We want to maintain basic techniques even though we will be a multiple front.
 - a) Do not have to key and react from many different positions.
 - b) Can do a better job at perfecting techniques.
 - c) Can cause the offense a variety of blocking problems.
 10. We will stunt off basic looks because only 2-3 players are involved.
 11. We will always have a defense or stunt to stop opponent's favorite run or pass. We never want to allow our opponent to repeat a successful play time after time.
 12. We will have a variety of running and passing blitzes but will use them sparingly.
 - a) Change pass blitzes each week so that our opponents have not worked against them.
 13. When our opponent is backed up we will be aggressive with a zone concept.
 14. We will increase the defensive pressure as our opponent gets nearer the goal line. Blitzes, man coverage.
 15. We will gamble on the goal line. Go to strength, change looks, stunts.
 16. We will work to eliminate the long run through pursuit, open field tackling and proper run rotation.
 17. We must win the battle for the possession down.
 18. We will utilize our best personnel in situational football.
 19. We will not allow long runs (15 yards) and touchdown passes.

WHAT IT TAKES TO PURSUE AT UCLA

1. Pursuit is the most important part of UCLA defense.
2. What Pursuit Does
 - a. Eliminates long TD's (The Big Play)
 - b. Discourages your opponents (especially the ball carrier and receiver)
 - c. -Helps to cover any possible mistakes in our DEFENSE (help your teammate)
 - d. Make us the best team defense in the country.
 - e. Gives us a better opportunity to cause fumbles and intercept tipped balls.
3. What It Takes to Pursue
 - a. Pursuit is first desire ----- (if you want to, you can).
 - b. Visualize pursuing and making great plays (Be a Big Play Guy).
 - c. Physical conditioning is necessary so you can have great pursuit on each play (must get to every play, no matter where you are at).
 - d. Speed (think fast and quickly) we can all improve our speed and quickness.
 - e. Get off blocks -- shed --- go the ball.
4. How to Pursue
 - a. Play your responsibility first.
 - b. Take correct course to ball.
 - c. Wanting to get there (desire)

OUR GOAL IS TO BE THE BEST PURSUIT TEAM IN THE COUNTRY.

WHAT MAKES UCLA A GREAT DEFENSIVE TEAM

1. Each individual must believe in our defense. Each individual must have confidence in himself (I, personally, will not let the ball over the goal line in my given area of responsibility.)
2. On every offensive play or pass, eleven defensive men have an assignment to carry out. If one man fails, all eleven can fail.
3. Pursuit and gang tackling are the two very important parts of our team defense.
 - a.) It is difficult for the ball carrier to get loose when 10 or 11 players are trying to get a piece of him.
 - b.) Demoralize the ball carrier.
4. Aggressiveness must be developed and maintained. Anyone can play; defense is sight, move and hit.
5. We must STOP the THIRD DOWN play. 1-3, 4-5, 6+
6. We stop all teams inside our 5.
7. Overall team speed, quickness and lateral movement must receive top priority.
8. Each defense has its strengths and vulnerability--know them!!
9. When SUDDEN CHANGE situation occurs, we must mentally arise to the occasion.
10. We must be in top mental and physical condition.

MISTAKES MUST BE ELIMINATED IN OUR DEFENSE!!

THE KEYS

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

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UCLA DEFENSE IS A TEAM PROPOSITION

While defense requires an all-out effort by each individual on every play, this effort must be coordinated into a team activity. A BRUIN defensive player lives, fights, thinks, pursues, and goes all out for the team.

A good sound defense is one that has every player on defense carrying out his assignment on every play. If you play individual defense, you may be successful on one play but the defense will fail in the long run.

Your job as a defensive player is to carry out the team defense and to go all out on every play. You must strive for success as an individual but always within the framework of the team defense.

We want to feel that our defense is the greatest team defense in the world and that we individually are making the greatest possible contribution to that defense.

Are you capable of giving yourself to the team but still extending maximum individual effort??

PRIDE - POISE

WHAT MUST WE DO TO HAVE A GREAT DEFENSE?

1. We will play from a bent knee position. Therefore we will do quarter-eagles everyday.
2. We will learn how to strike a blow on the crowther.
3. We must be in top condition. This will mean intense practices.
 - a. We will practice hard on every play.
 - b. Every time you take a (rep) you are either getting better or worse.
4. We must team pursue and form up in practice.
 - a. Everyone is required to break the huddle sharp.
 - b. You play the way you practice.
5. We must practice tackling particularly open field every day.
6. We must play the ball on pass defense.
7. We must have great pride and confidence in each other and in our defense.
8. We must prepare ourself mentally every time we take the field.
9. Improvement must be gained by each of us every time we take the field (you either get better or worse.)

WHAT THE MIND CAN CONCEIVE AND BELIEVE THE BODY CAN ACHIEVE

MAKE THE GAME BREAKER

STOP THE SUDDEN CHANGE

SUDDEN CHANGE IS THE REAL TEST OF OUR DEFENSIVE TEAM. The score is 7-14 in the fourth quarter and you have just stopped Michigan on our own 28 yard line. You have just sat down on the bench; you feel good and relieved. You have just stopped them after a long drive. You can sure use the rest. As the offensive team drives, they throw an interception and the Wolverines have the ball on your 24 yard line! Hurry and get back in the game quickly! THIS IS A SUDDEN CHANGE SITUATION.

What are the feelings of the two teams at this time:

Your Opponents:

1. What a great break.
2. We have them on the ropes now.
3. Their defense will be tired.
4. Let's hit them quick.
5. Our defense did a great job getting the ball.

Your Thoughts:

1. What a lousy break.
2. They have us in a big hole.
3. I am tired; I don't know whether I can hold out again.
4. Boy, I hope someone comes up with a big play.
5. Our offense sure put us in a hole.

You can see why it takes a special effort to overcome a sudden change situation. Your opponent will be mentally up and unless you prepare yourself, you will not.

What we must do!

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

THE SUDDEN CHANGE IS OURS !!

WHAT ARE YOUR GOALS ??

Now that college football has become so even the ability to play 2 minute victory defense is essential to championship teams. In the last 4 years UCLA has been involved in 15 games that have been decided in the last 2 minutes.

This situation must be dealt with positively. We must welcome and accept the challenge that comes from being ahead and winning close games. Great teams and great competitors welcome the excitement and challenge of 2 minute games.

I. Our Feeling: Positive

1. This is it - the pressure is on them.
2. I want to make the Big Play.
3. I must give 100% effort.
4. We have got a good scheme to stop them.
5. Get up slow, get the call executed.

II. End of Game Situations

Opponent needs a field goal to win or tie.
Opponent needs a touchdown to win or tie.
Opponent is ahead and we need the ball.
Tie the game and we need the ball.

III. End of Game Variables

How much time is left ?
How many time outs do they have ?
What distance must be made to put the go ahead points on the board ?
How many possible plays do they have ?
How many time outs do we have ?

IV. What We Must Do When We Are Ahead

- A. We must utilize the clock to our advantage
 1. Get off piles slowly
 2. Tackle the ball carrier in bounds.
 3. Defensive linemen get lined up slow in a Poise situation
- B. Substitute fresh people to get maximum rush and coverage.
- C. Determine whether the opponent must
 1. Throw
Types of Passes:
 - a. Delays
 - b. Autos
 - c. Posts
 - d. Bomb
 - e. out cuts

2. Run

Types of Runs

- a. Draws
- b. Sweeps
- c. Traps

3. Combinations runs and passes

- D. Be alert for gimmicks
- E. Keep Everything Inside and In Front of Us
- F. Get lined up in the secondary quickly and properly without any disguises
 - 1. Also deepen our alignments

G. The opponent must gamble -- make the turnover --

W E N E E D T H E B I G P L A Y ! !

S A C

I N T E R C E P T

F U M B L E

I. What Must We Do When We Need the Ball?

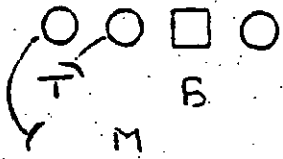
- A. Execute the called defense.
- B. Get off the pile quickly
- C. Get the defense called quickly
- D. Make a Big Play
 - 1. Cause a fumble
 - 2. Tear the ball loose
 - 3. Gang tackle
- E. Prevent the first down
- F. Get the ball carrier out of bounds
- G. We must have the ball to win !!
- H. Create Field Position
 - 1. Return
 - 2. Punt block
 - 3. Force bad kick
 - 4. Cause fumble
- I. Tighten Alignments

DEFENSE TERMINOLOGY

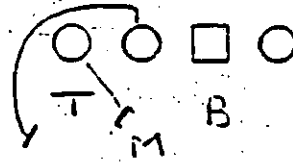
1. **BALL:** Team call made when fumble occurs or pass is thrown.
2. **BASE:** Run support assignment with fill responsibility.
3. **BOUNDARY:** Stunts executed from the boundary regardless of tight end.
4. **CHASE:** To be in position to have backside leverage on the football.
5. **COLLAPSE:** To be in position to have backside responsibility on cut-back plays through the B Gap.
6. **DOG:** Immediate contain responsibility by outside linebacker. Fill by DB on base block.
7. **FIELD:** Stunts executed from the field regardless of tight end.
8. **FILL:** Support responsibility to meet play inside out taking quarterback on option.
9. **FORCE:** Primary contain against the run. Pitch on option executed by the secondary or outside linebackers.
10. **HASH:** Hash mark will be determined by relationship of ball to the hash mark. The FS will make the call in the huddle.
11. **KARATE:** A call indicating the defensive front will be away from the original call.
12. **LEFT:** Call made by inside backers indicating the tight end is to the left.
13. **LIZ:** A call made by the free safety to indicate true passing strength of the formation is to the left.
14. **MOTION:** Any lateral movement by the offensive backs or receivers prior to the snap of the ball.
15. **OSKIE:** A call used to alert team member that an interception has occurred and to (1) block the intended receiver above the waist, (2) to block outside in, (3) return will be to the nearest sideline.
16. **PLAY IT:** A term indicating the front will be played versus any formation.
17. **RIGHT:** Call made by inside backer indicating the position of the tight end.

18. RIP: A call made by the free safety to indicate true passing strength of the formation to the right.
19. SHIFT: Any formation change from one pre-set alignment to a set alignment prior to the snap of the ball.
20. STAY: A term indicating the coverage will be played versus any formation or motions with an individual modification of technique.
21. THUNDER: Primary contain and fill against the run executed by the front seven.
22. VISUAL CONTAIN: The DT or OSB, on run flow away, will work to sink alignment--remaining in position to contain any running play that might break back to him. If ball does not break back outside, overlap in collapse area.

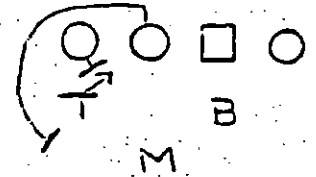
BLOCK TERMINOLOGY



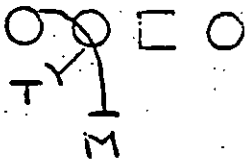
TAG BLOCK (Tg)



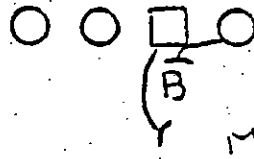
STEP-IT (STp)



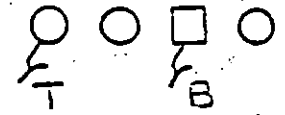
HORN (H)
SAME AS STEP-IT BUT
G & T READ IT



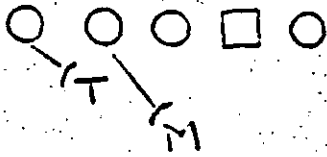
FOLD (F)



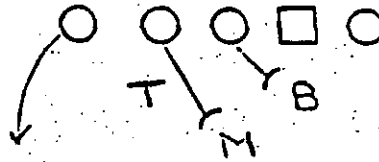
SCOOP (S)



REACH (Rch)



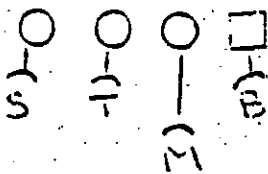
DOWN BLOCK (DWN)



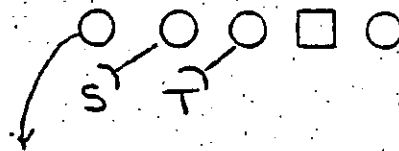
VEER (V)



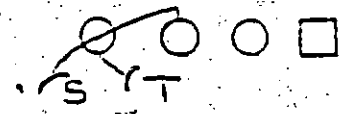
END DOUBLE TEAM (ED)



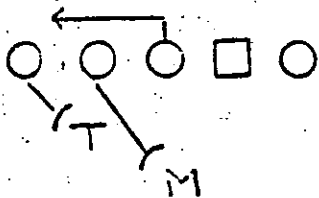
MAN BLOCK (M)



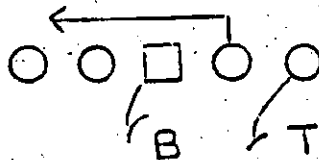
WHAM (W)



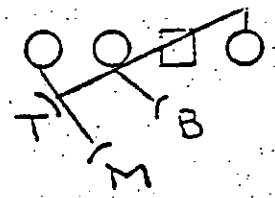
Ted BLOCK (TB)



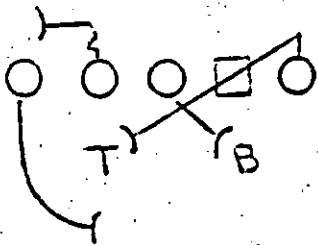
ON GUARD PULL (G)



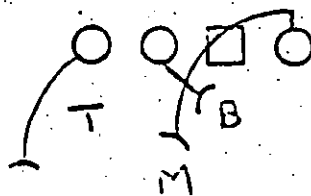
OFF GUARD PULL (O)



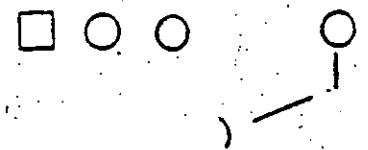
TRAP (T)



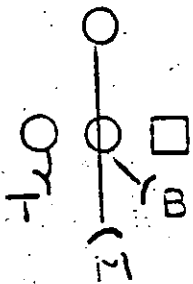
TRAP PASS PRO (TpP)



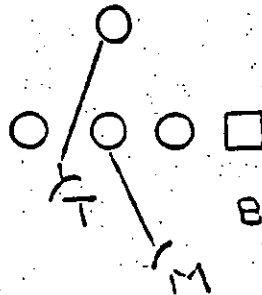
TRAP INFLUENCE (ACE)



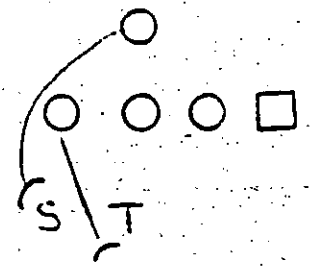
CRACK (C)



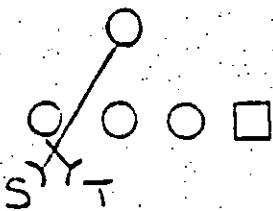
ISO (ISO)



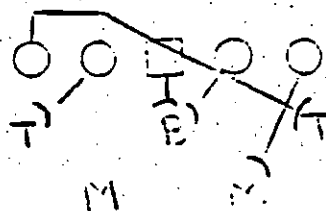
TACKLE LOAD (Tld)



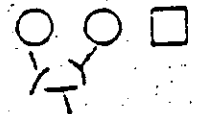
LOAD (Ld)



KICK OUT (KO)

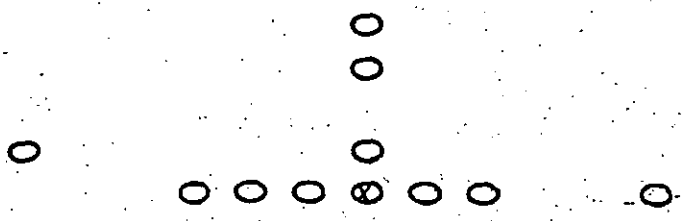


TACKLE TRAP (TT)

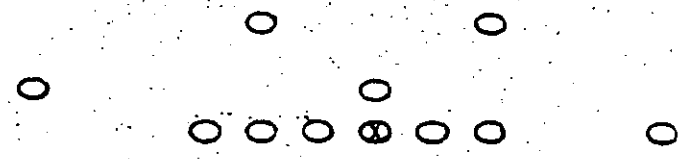


TACKLE
DOUBLE TEAM (TDT)

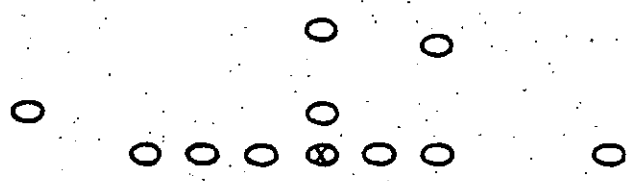
1. 1



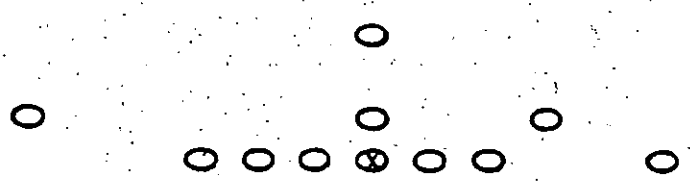
2. SPLIT



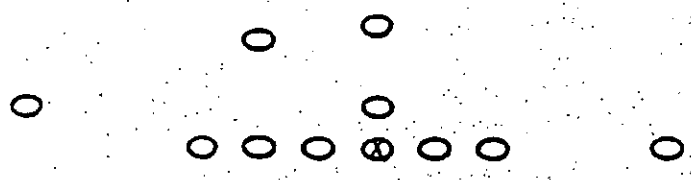
3. PRO



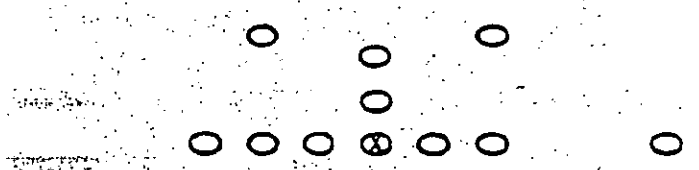
4. 1-BACK



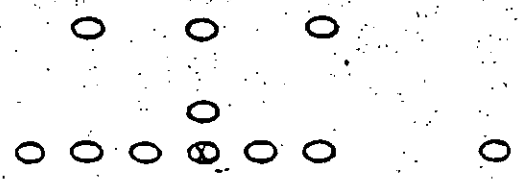
5. CON



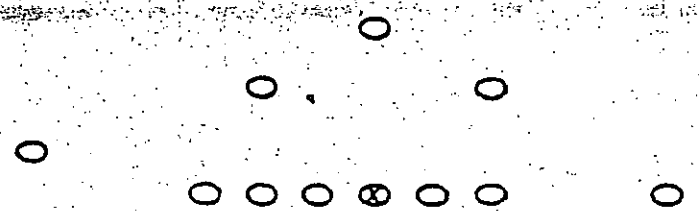
6. BONE



7. FULL



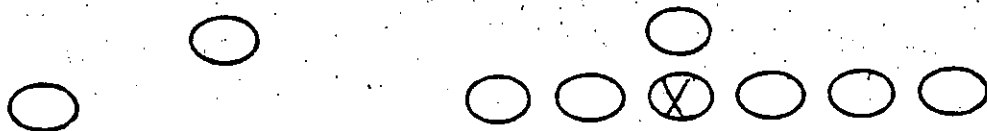
8. SHOTGUN



1. PRO



2. TWIN



3. 2-TITE

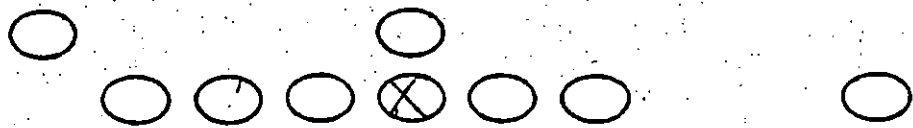


4. SLOT

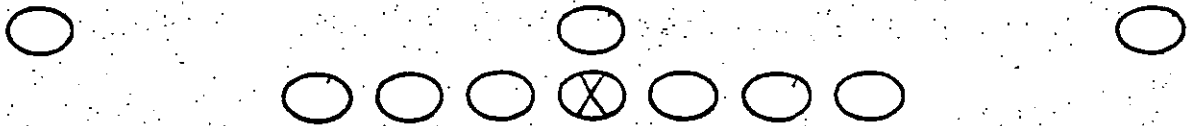




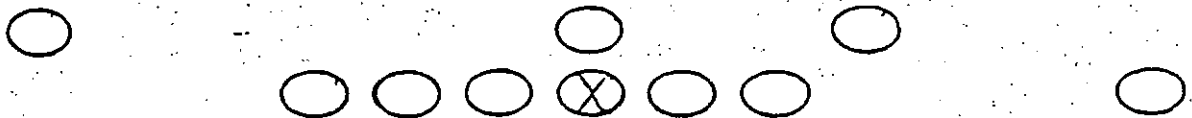
6. WING



7. HOUSTON

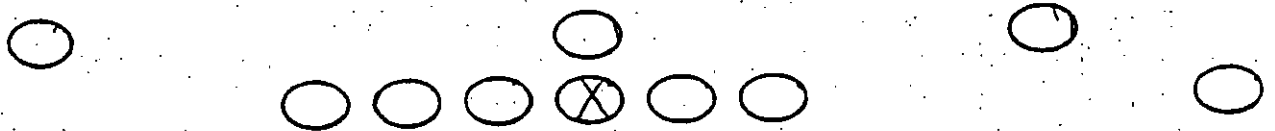


8. NEBRASKA

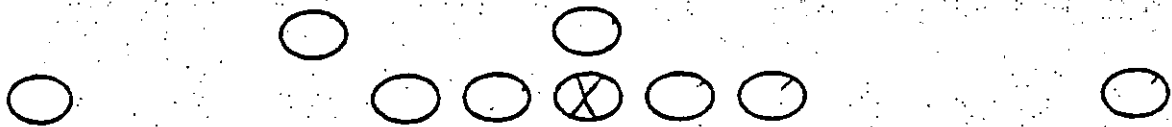




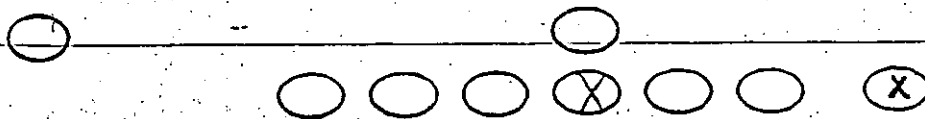
10. PURDUE



11. Y-SLOT

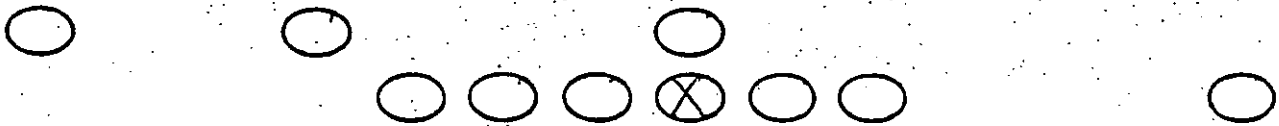


12. NEAR

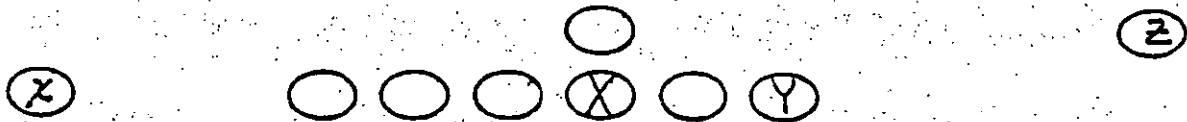




14. TRIPS - Y

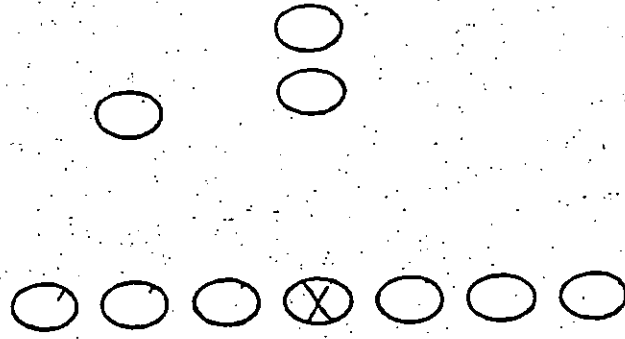


15. STANFORD

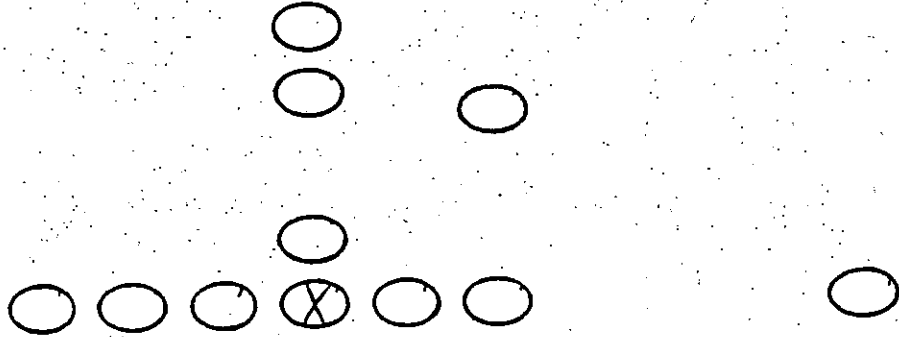


16. UNBALANCED

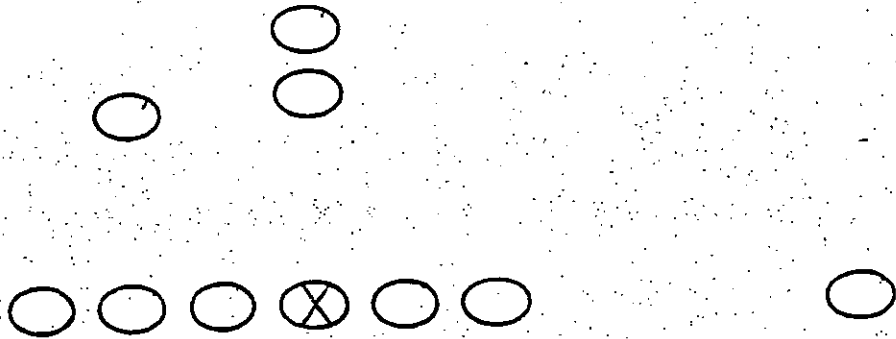




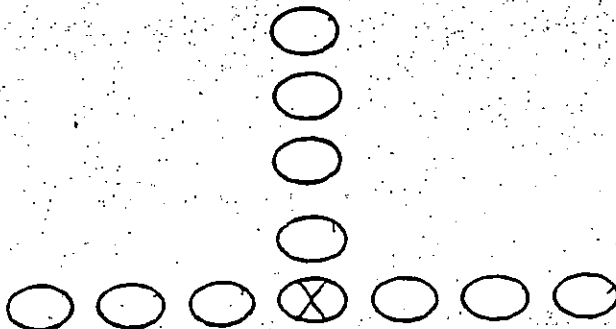
18. POWER I - X



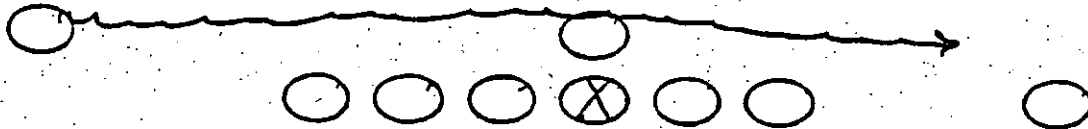
19. POWER I - Y



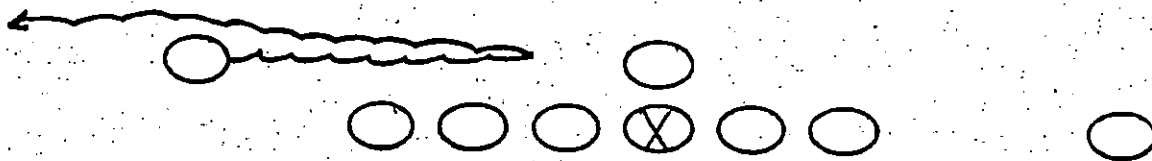
20. STACK - I



1. ZOOM



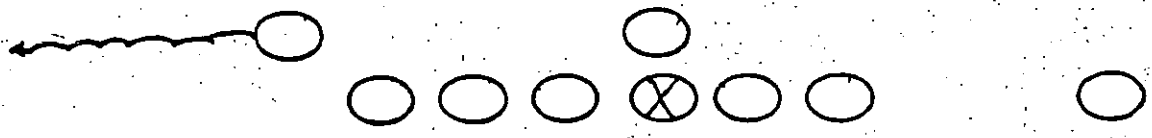
2. RETURN



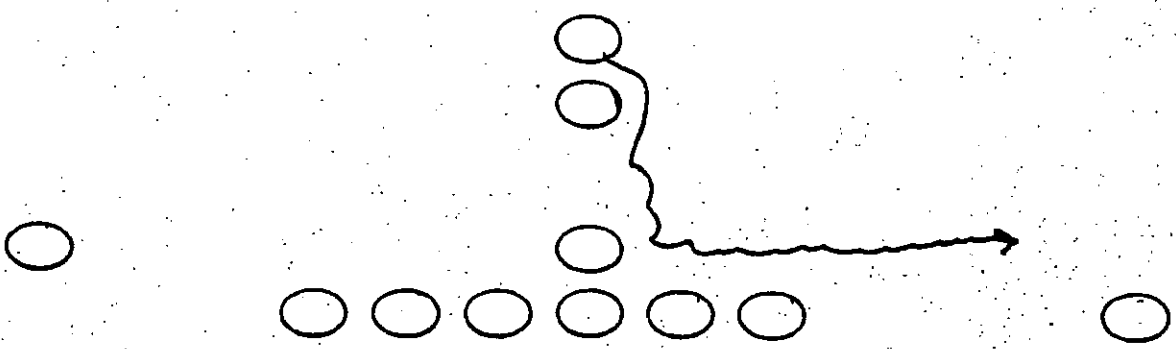
3. SINK



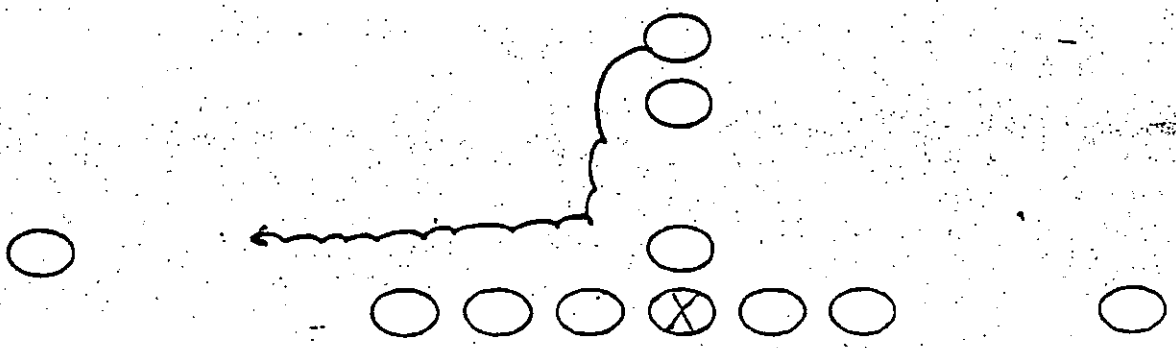
4. SAIL

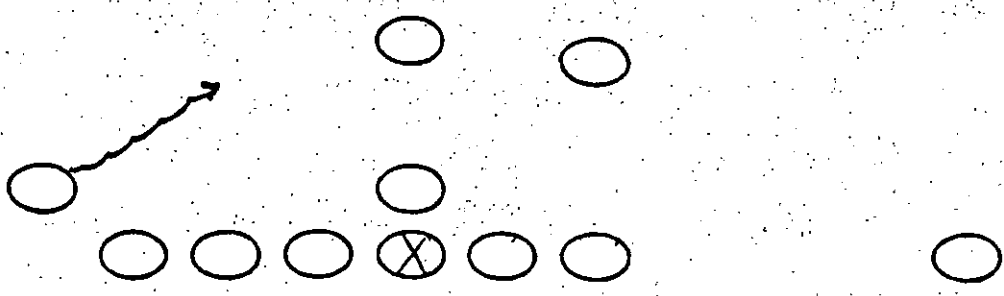


5. DOUBLES

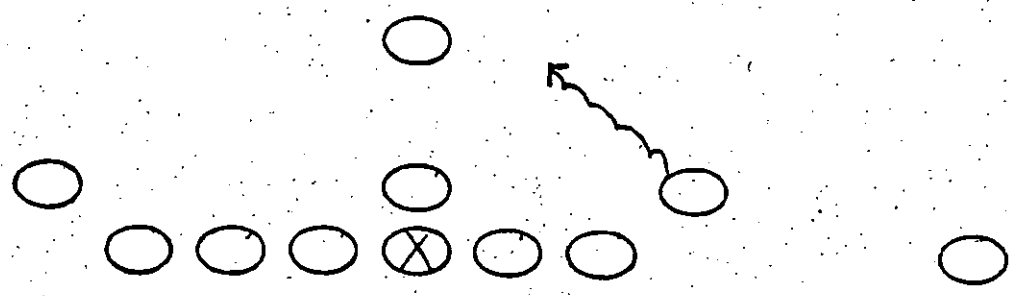


6. TRIPS

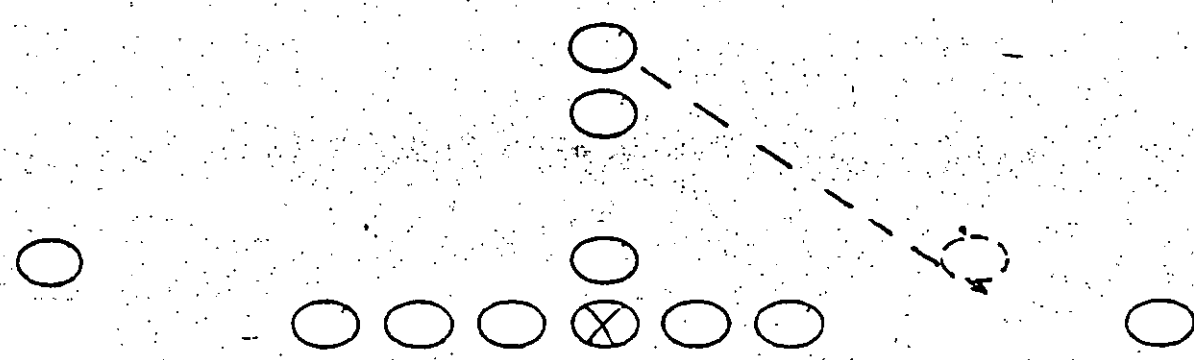




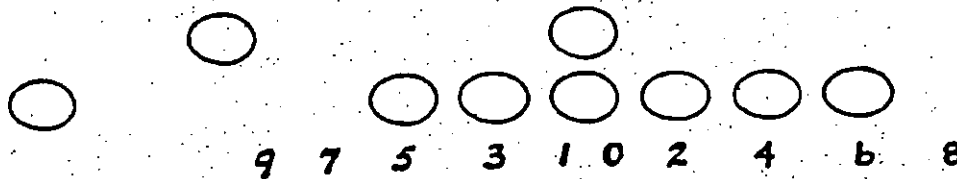
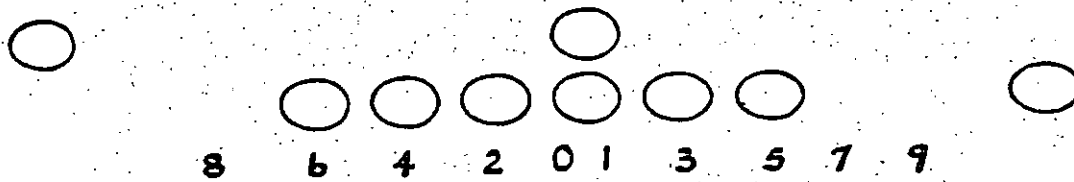
8. ZOT



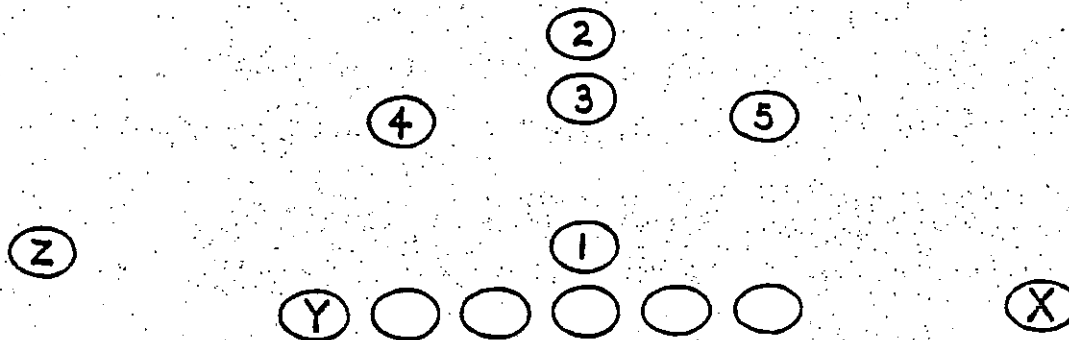
12. I - LT PRO (SHIFT) PURDUE



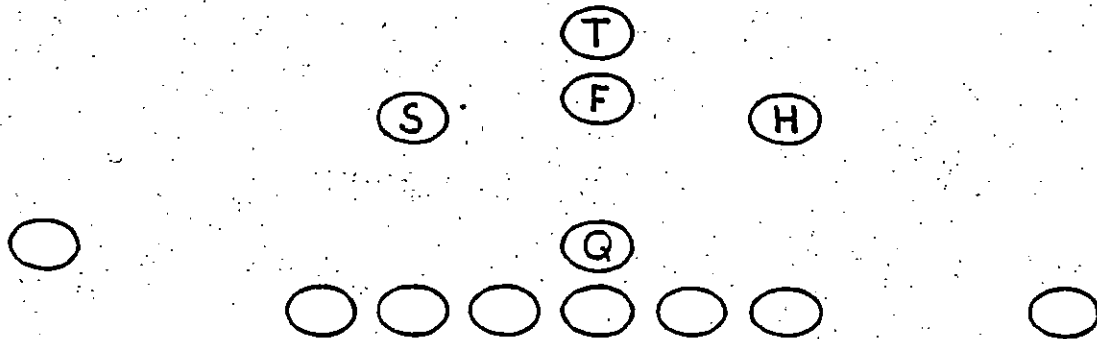
I. The hole numbering is determined by the strength of the running formation.



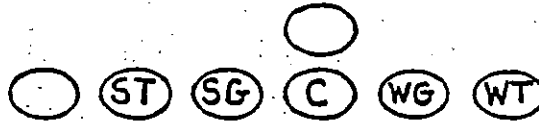
II. The back designation is determined by the use of numbers one through five. The 4 back sets to the tight end. The 5 back sets away from the tight end.



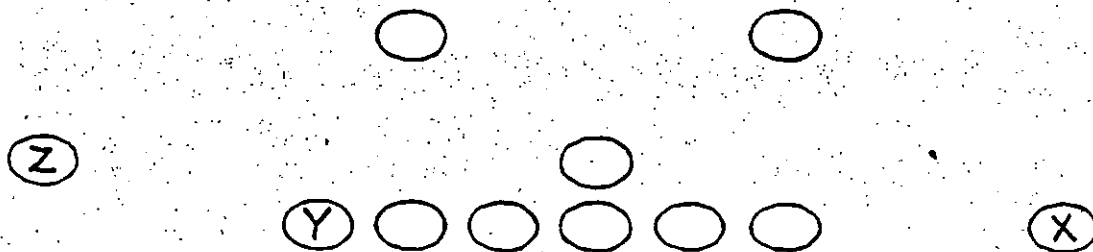
I. The offensive back personnel is determined by their alignment in relationship to the running strength. The names used are: Strongback, Halfback, Tailback, Fullback, and Quarterback.



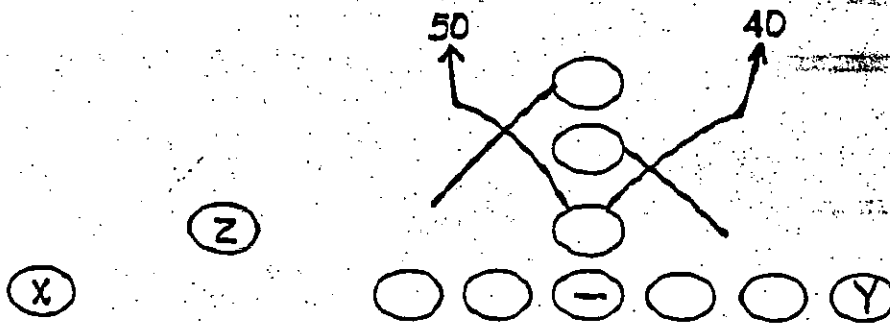
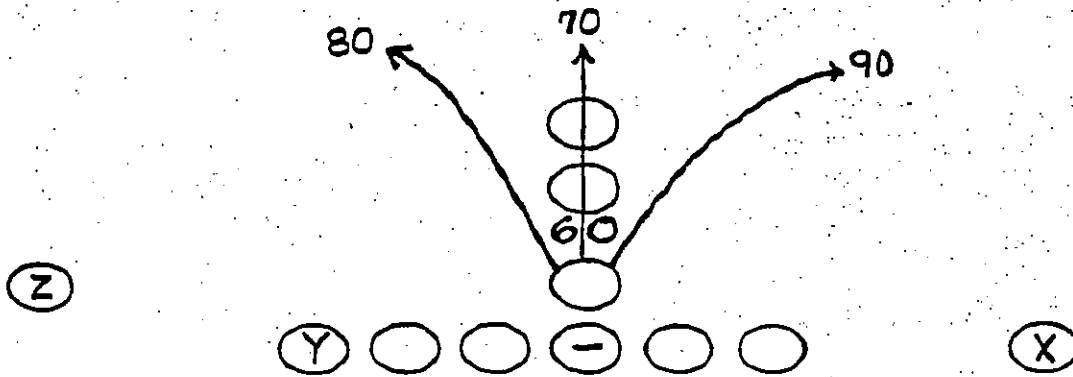
II. The offensive line personnel is determined by their alignment in relationship to the running strength. The names used are: Center, Weak guard, Weak tackle, Strong guard, Strong tackle.



III. The receivers are referred to as X (Split End), Y (Tight End) and Z (Flanker)



1. Quick (60) -- 3 step quick pass
2. Move (40-50) - Pull up sprint inside the tackle
3. Cup (70) -- Drop back pass
4. Jet (80-90) - QB rolls behind both backs
5. Bootleg (Bt) - QB goes opposite both backs
6. Action -- Play action pass followed by the number of running play
 1. Reverse out either ISO or power
 2. Front out is sprint draw
7. Screen (Sc) -- Screen Pass



A
40

20

30

B
50

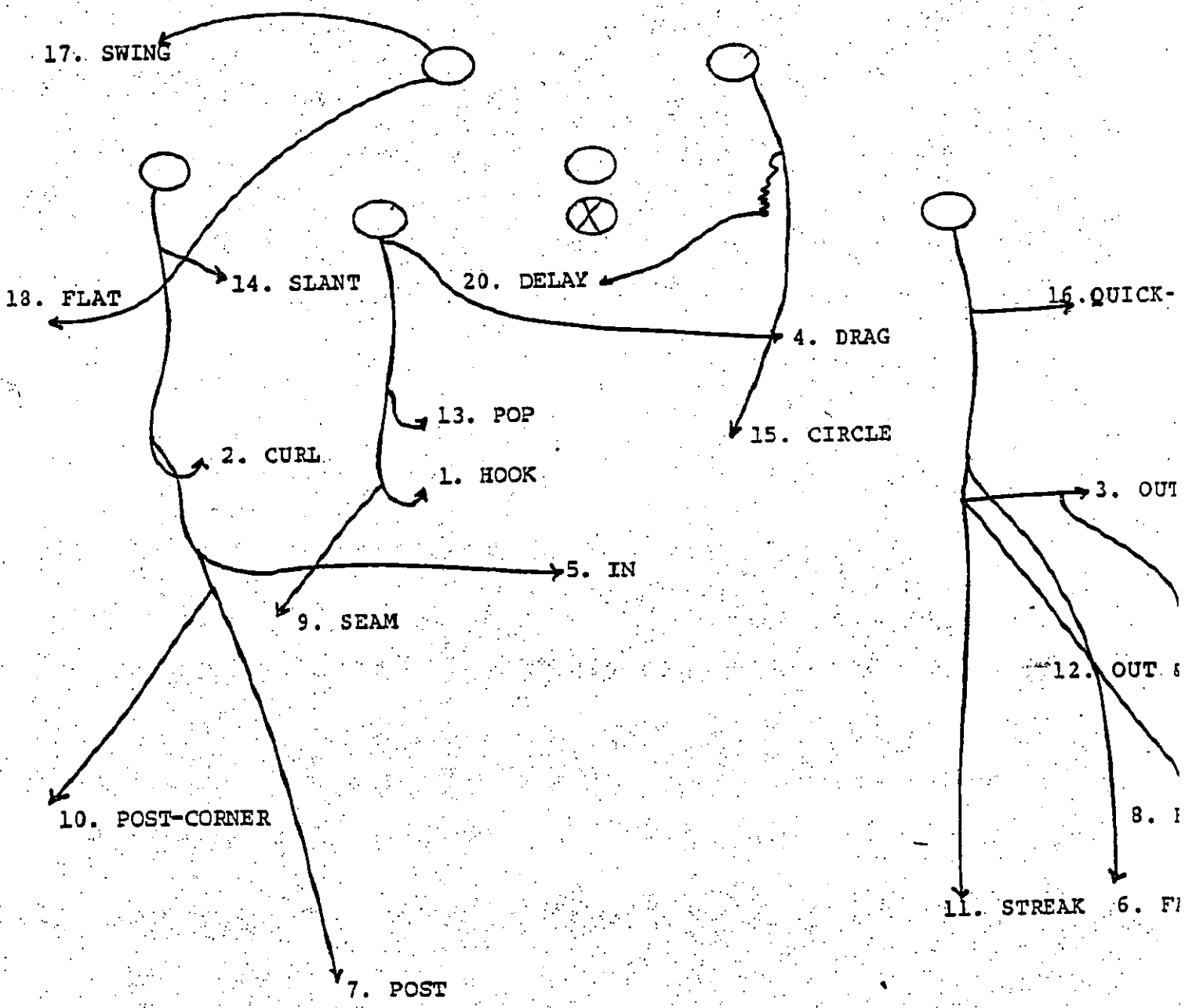
Z

Y

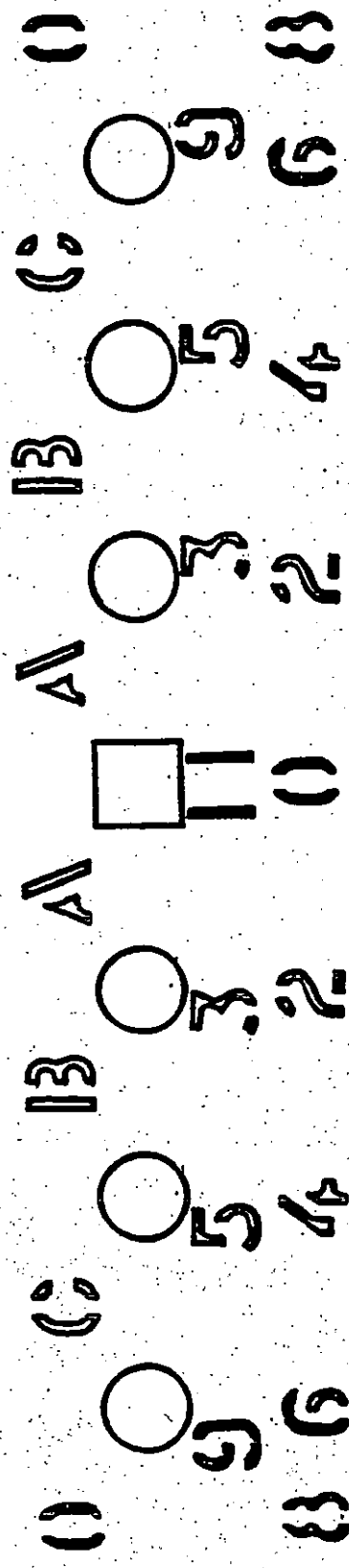
10

X

X



DEFENSIVE GAP DESIGNATION - ALIGNMENT NUMBERING SYSTEM



We designate gaps by letters. They refer to assigned areas. All gaps are assigned in every defensive front. Each player must know:

1. Gap Responsibility
2. Force and Fill Responsibility
3. Chase/Collapse Responsibility
4. Coverage Responsibility
5. Rush Responsibility

We designate alignments by numbers. Each player on the line of scrimmage is assigned a specific alignment in every defensive front:

1. Even numbers: Head up (8 will be determined by coach)
2. Odd numbers: Outside eye to outside shoulder
3. Gap: A-B-C Gap

TACKLING

I. DEFINITION

A tackle is a collision between the defensive man and the ball carrier in which you must win!!

II. OBJECTIVE

To stop the ball carrier for no gain. In each game, we will be involved with at least 100 tackling opportunities. To achieve maximum results, we must be successful in at least 95% of our initial opportunities. Therefore, tackling is the most important technique to be perfected by practice.

III. TYPES OF TACKLES

1. Straight on
2. Side
3. Boundary
4. Open Field
5. Desperation

IV. SITUATIONS THAT YOU ARE INVOLVED IN WHEN TACKLING A BALL CARRIER

1. 1 on 1
2. First man after defeating a blocker
3. Second or third man (Pursuit)
4. Back running high
5. Back running low
6. Receiver catching the ball in the air
7. Back catching the ball out of the backfield
8. Back hurdling or leaping
9. Catching man from behind
10. Stripping the ball

**** WE WILL PRACTICE DAILY THE ABOVE TYPES OF TACKLES WITH THE GREATEST EMPHASIS BEING ON THE OPEN FIELD TACKLE**

V. TECHNIQUE

A. A correct tackle incorporates the fundamentals of the:

1. Approach
2. Collision
3. Finish

B. TACKLING PROGRESSION

The most difficult tackle is an open field tackle, therefore, a fundamental teaching progression to insure the ability to make the open field tackle will be given. This teaching sequence begins with the:

1. Fit - Place yourself into the quarter eagle position, (Knees bent, back flat, head up, shoulder pad on the numbers, arms wrapped, and hips extended with the body at a 45° angle, i.e., Crowther position. Once you have assumed the ideal position, you then have a model to strive for. (Visualize this position)

2. Collision -

The collision is the coordinated skill of making contact in the correct position while exploding the hips, thrusting the arms, and utilizing the power of the lower back and legs. The arms and hands are utilized in four steps:

- a. As contact is made, thrust the arms in an upward direction around the ball carrier.
- b. Wrap the arms around his back
- c. Pull the ball carrier toward you.
- d. If you cannot lock your hands, grab cloth with your fingers. SQUEEZE. SQUEEZE. SQUEEZE.

3. Finish -

The combination of the collision and the leg drive allows the tackler to finish the ball carrier by placing him on his back.

4. Approach -

Once the fit, collision, and finish have been taught, we will concentrate on the approach. The single most important skill to be learned is the Breakdown. As you approach the ball carrier, gather your momentum assume a good football position with the feet chopping, close the distance between you and the ball carrier, and concentrate on the numbers. Your point of aim should be your shoulder pad on the inside number for side tackles. The approach is divided into five situations:

- a. Straight on
- b. Side
- c. Boundary
- d. Open Field
- e. Desperation

5. VISUALIZE THE BIG HIT -

- a. Keep your head up
- b. Explode
- c. Rip your arms
- d. Squeeze your fingers
- e. Drive your legs
- f. Don't close your eyes
- g. Don't cross over
- h. Don't hit with your head
- i. Good base

VI. TEACHING THE PROPER TECHNIQUES PROVIDES YOU WITH THE
FUNDAMENTALS. HOWEVER, YOU WILL NOT MAKE THE TACKLE
UNLESS YOU WANT TO.

MAK E THE OPEN FIELD TACKLE

CROWTHER

Philosophy

The Crowther is a machine that we utilize in order to develop the skills which will enable us to deliver a maximum blow at a 45° angle. These skills coordinate all body parts into a fluid but explosive movement. These skills have a carry over value to every position on the field but are best demonstrated when blocking, shedding a block or tackling.

Base

Before the techniques are developed on the Crowther, we must first concentrate on developing a knee bending base (hitting position). This can best be accomplished in two areas:

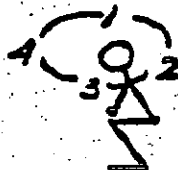
1. Quarter Eagles-Knee bending is not an unnatural movement. However, in order to maintain and operate from a knee bend position, it takes a great deal of time to develop the necessary strength and balance. Quarter Eagles certainly help to develop the strength requirement. The proper Eagles position requires that the feet are approximately shoulder width and parallel. The knees bent until the thighs are approximately parallel with the ground. The shoulders are forward so that the balls of the feet, knees and shoulders are all in approximately the same line. Keep the back flat and head up. Drop the arms in a comfortable position.

Example:



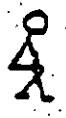
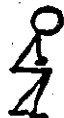
In order to best develop strength, you must hold this position for a minute or more increasing the time spent in the position as strength develops. Quarter Eagles: from an eagle position, make quarter turns on command. For variety, also use mirrored reactions.

Example:



2. Step - Step - Touch - This exercise develops strength, balance and rhythm in movement from a knee-bent position. Techniques: Start from a knee-bent position (eagle) take two short steps, then touch the knee on the third step; take two more short steps and touch the opposite knee; keep going. Stay on the balls of the feet. Don't over stride; keep the shoulders forward; head up.

START STEP STEP TOUCH



RT.

LT.

RT. KNEE

Crowther Progression

Alignment

Forearm

Hips

Legs

Step(s)

Drive

Second Reaction

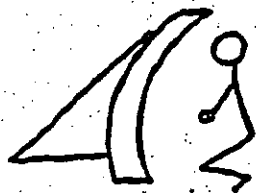
1. Proper Alignment on the Crowther is important. Explain how the machine is built. Align square to the pad and in line with the arm. Keep the head clearly outside the pad.
2. Forearm Rip is developed by taking an alignment on the pad in an eagle position. Rip the forearm up into the pad; keep the elbow in; lead with the top of the wrist; deliver three successive hits; rotate from one side to the other.

Example:



3. The Hips - "Marry the Machine," is accomplished by taking an alignment approximately one elbow length from the pad on the knees in the appropriate position on the machine. Sit back on the hps; explode into the machine using the same forearm rip but now incorporate the hips. Shoot the hips into the machine; over extend or hyperextend the hips. Throw the free arm up at a 45° angle. Hit and Hold this position until you can completely feel the full extension. Explain that the elbow and hips should be a coordinated movement as though a string is connected from the elbow to the hips.

Example:



4. The Legs - From a 2 or 3 point stance, proper alignment on the pad and approximately one arm length away from the pad. Start the movement by rolling over the balls of the feet and dip the inside knee. Explode into the pad driving off the outside leg and driving the inside knee into the middle of the pad. Use all the mechanics already described. Hit and Hold in this position. Viewing this position from the side of the machine the leg, body and arm should be in a straight line at approximately a 45° angle.

Example:



Sprinters Position - Assume a pre-sprinters position: one arm length from the pad with the appropriate alignment; place the inside knee on the ground; put the outside foot even with the inside knee on the ball of the feet; roll over the inside knee and explode into the pad at a 45° angle driving the inside knee into the pad as before. Hit and Hold in an extended position.

Example:



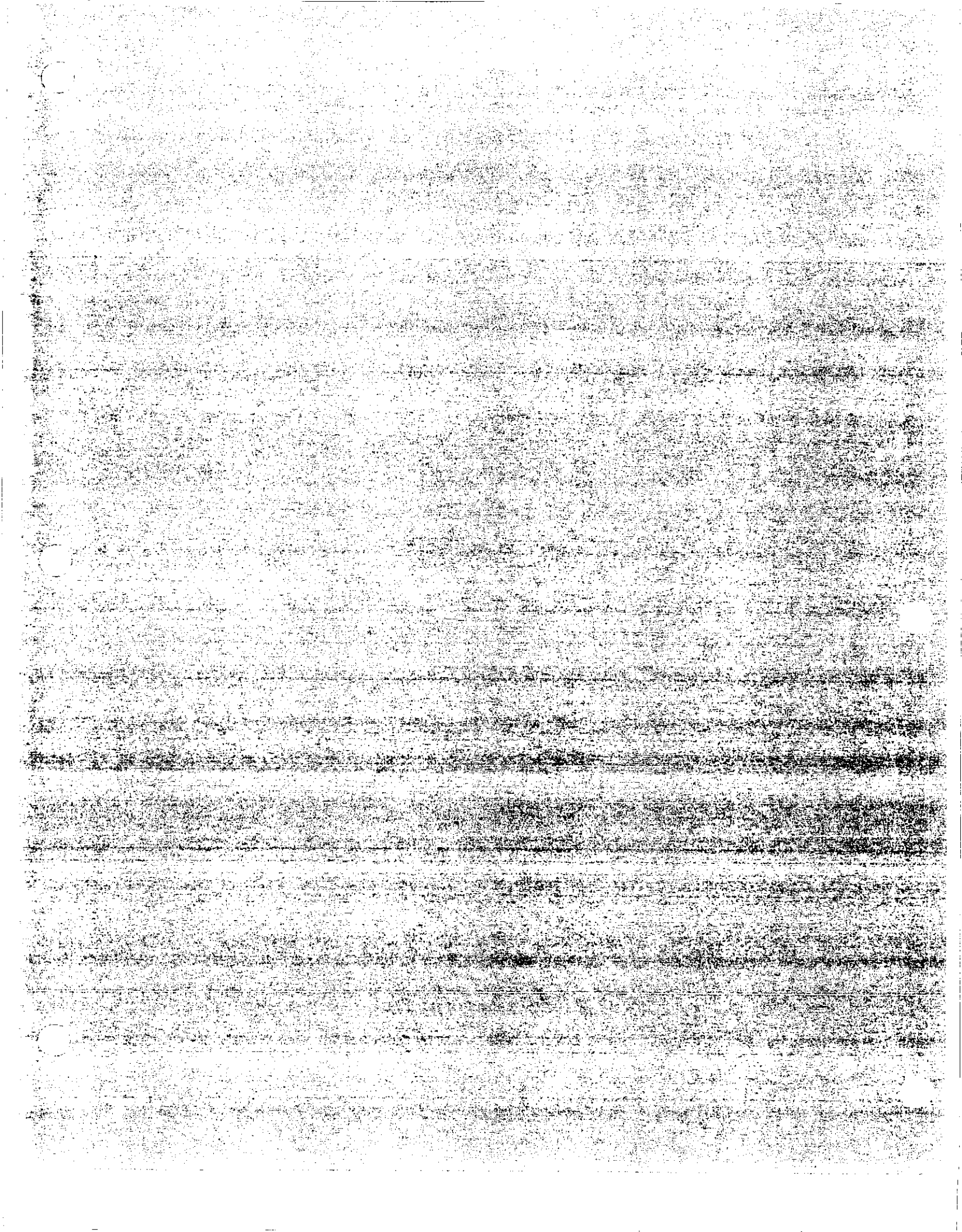
5. The Step - Assume an appropriate alignment from the pad one arm length away. From a 2 or 3 point parallel stance, take a short jab step to the ball of the foot (6" to 8") directly at the pad; roll over the balls of the feet; dip the inside knee approximately 6" to 8"; explode into the pad driving off the outside leg; use all the same body mechanics already described. (These are the same mechanics used in the step - step - touch). This same approach can be used at varying distances from the pad. Remember to always take short steps and maintain a low center of gravity.

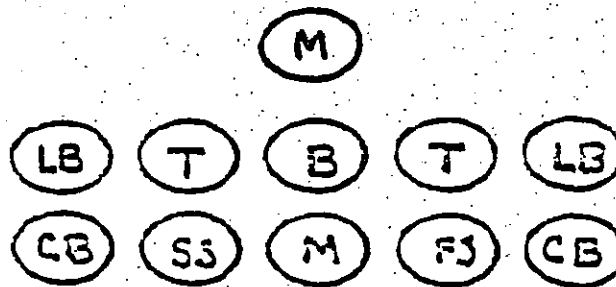
Example:



6. Drive - After exploding into the pad and getting full extension, start working the feet with short driving steps; legs approximately shoulder width apart; work the free arm in rhythm with the feet. The hips will recoil away from the machine as the driving steps begin. Drive the Crowther varying distances but always have enough resistance on the Crowther to create a problem in moving it. Good explosion should initiate the movement of the Crowther and continued leg drive should continue to propel it.

^{REACTION}
7. Second Reaction - After the mechanics of the Crowther are taking form, start using a second reaction from the Crowther. The second reaction can be done in a variety of ways - playing off a blocker, making a tackle, pass rush, etc.; use the imagination, but always stress the fundamentals that were demonstrated on the Crowther. You can become an "All American" on the Crowther, but if you can't carry it over to the live situation, it's not worth a damn. The second reaction is used basically for defensive purposes.





1. Forming the Huddle

- a) Bruin will form the huddle by calling "Huddle - Huddle" and setting his position.
- b) We must hustle and form the huddle as quickly as possible.
- c) The front row will line up with hands clasped - the back row will do likewise.

2. Huddle Discipline

- a) Players will be positioned neatly in proper position.
- b) No talking allowed.
- c) The front row will look directly at the signal caller.
- d) The back row will look at the offensive huddle to key break of wide receivers.

3. Huddle Communication

Communication in the huddle will be in two (2) segments:

- a) When the huddle is formed the free safety will give down and distance and field position.
Example: "2nd and 7 - Middle"
Everyone must be aware of down and distance and field position. Down and distance will give indication of offensive play selection and field position will indicate position of strong safety.
Examples: "Middle" - SS to strength
"Rip" or "Liz" - SS to field
- b) After receiving signal from sideline the LB will step into huddle and give front call and coverage call
Example: "50" - cov - 3; LB will break huddle with all players clapping in unison on "Break"
Example: "Ready Break"

4. Formation Alert

Before breaking to position we will be alert to unusual formations which will require automatic front and coverage calls.

Example: MUDDLE-HUDDLE

11-2

5. Alignment

- a) Mac and Stud vs. Double Tight Set - The ILB will make strength call to 2 receiver side.
- b) Strong safety will go to pass strength (2 receiver side) with ball in the middle of the field.
- c) Strong safety vs. Doubles formation in the middle of the field this will be a game to game adjustment, based on team's true passing strength.
- d) Strong safety with ball on hash - goes to the field.

6. Line of Scrimmage Communication

- a) The strong & free safeties will announce the formation based on i passing strength (2 receiver side) by giving a "Rip" or "Liz" call
Example: "Rip-Rip"
The inside linebacker will announce the position of the tight end.
Example: "Right-Right"

- b) The stemming call will be given at a pre-determined time either during cadence or pre-snap look.
- c) A "You" or "Me" call will be given at the LOS to the defensive tackles by the outside linebackers. Because of motion checks, our coverage will sometimes be changed on the LOS. This change in coverages will sometimes change the drops of one or both OSB. If one or both OSBs drop responsibilities are changed he must give the defensive tackle to his side the opposite of the original call.

Example: "Me - Me" (Original call - Whip to Tackle)

"Zoom - Zoom"

"Check 3 (change from 2) tackles echo OLB call

"You - You" (Whip to Tackle)

- d) Motion checks are the final phase of scrimmage communication. Through motion checks, we can change the drops of the outside linebacker and pass rush lanes:

Example: "Zoom - Zoom"

"Check 2 - Check 2" (Change from 3)

Through motion checks, we will also change coverage which may or may not change drops of outside linebackers and pass rush lanes.

Example: "Zoom - Zoom"

"Check 6 - Check 6" (Change from 3)

The person at point of motion will initiate call and the safeties and inside linebackers will echo with recognition signals from outside linebackers.

- e) The safeties will communicate both verbally and with hand signals to their respective corners as to coverage changes and adjustments. The corners will acknowledge by waving hand and repeating calls.

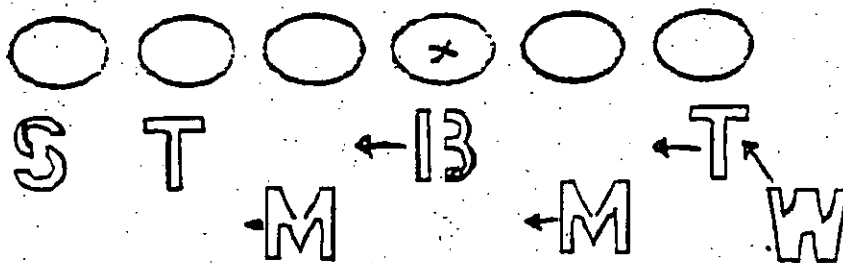
STEMMING

STEMMING is defined as defensive front movement from one alignment to another prior to the snap. Our STEMMING system is a very important phase of our defensive scheme. Proper execution of STEMMING techniques can confuse offensive blocking combinations.

Our system gives us the ability to align in any front and either play it or stem to any other front. Our stemming system also gives us the opportunity to operate with a very simple defensive package so you, as players can rely on excellent technique, great pursuit, and explosion.

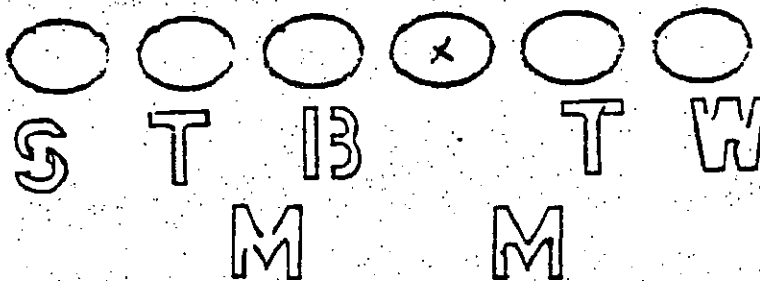
Our STEMMING system is divided into two phases. Phase one begins from a 50 look and phase two with a game by game adjustment. The term move must then be given.

EXAMPLE: "Move 40"

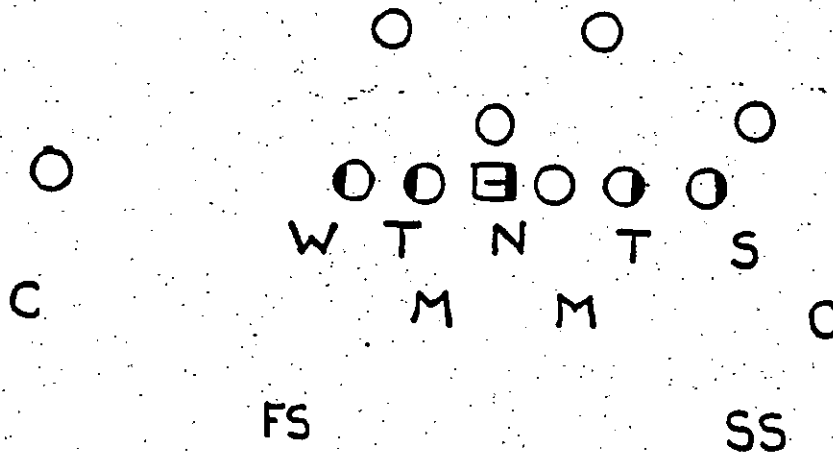


If we would like to line up in a 50 front and stem to any other front, we would call:

EXAMPLE: "Move 40"



Handwritten:
 907

1. WINGA. STUD LB

Alignment - Loose 9

Technique - Base unless game planned to go to a 3 point stance and split wing.

NOTE: Would not make wing adjustment (3 pt. stance) if in anchor tech., crash, or 1 back set unless game planned otherwise.

B. STRONG CORNER

Alignment - 3 x 3 on "y"

Technique - vs. Run - Hammer
 vs. Pass - Flat

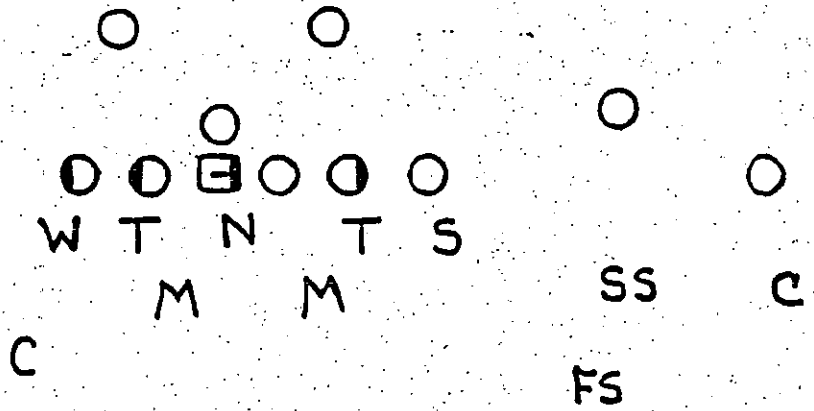
C. STRONG SAFETY

Alignment - 8-9 yards deep outside of "y"

Technique - vs. run - over the top
 vs. pass - coverage called

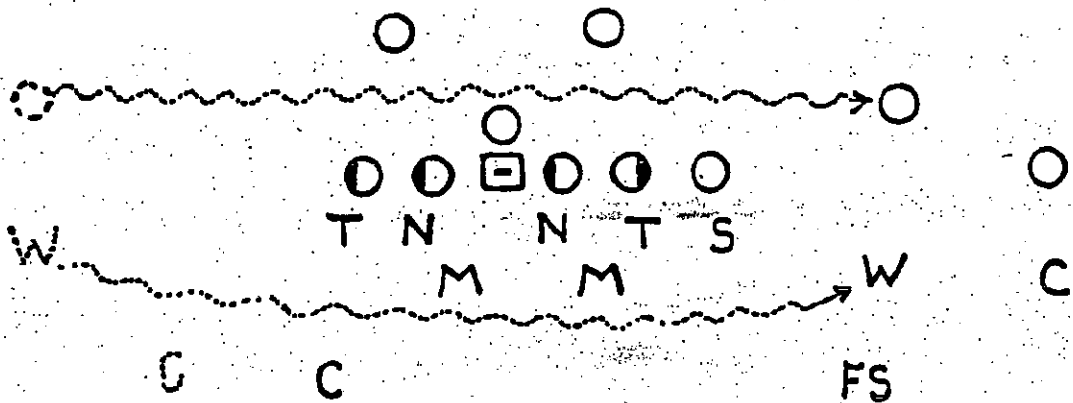
D. COVERAGE - 5 cov. cks. to 2, 55 cov. cks. to 66

2. END-OVER



A. SEVEN-MAN FRONT ADJUSTMENTS

1. Play Front - Check Cover 6 or 3
2. Play Front with 2 Switch Coverage
3. Check 20 Slant/6

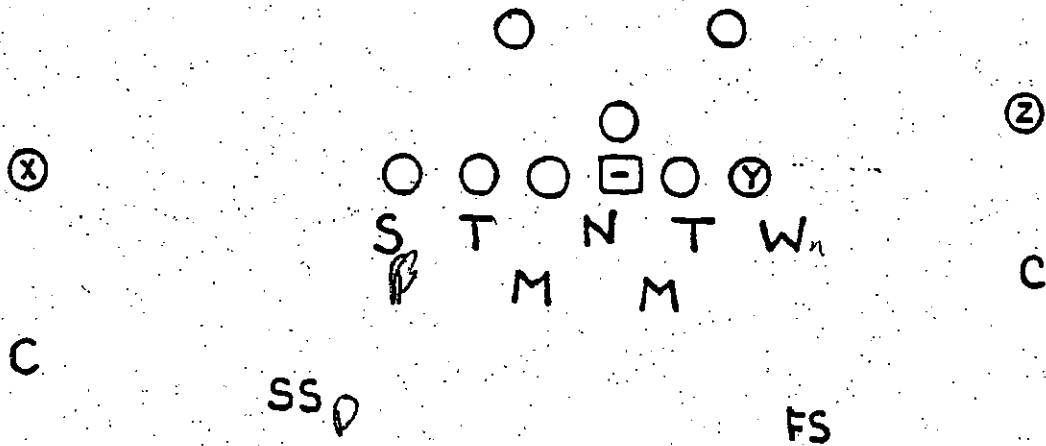


B. EIGHT-MAN FRONT ADJUSTMENTS

1. Whip walks over to cover down Twins receiver.
2. Whip runs across with Stanford Zoom motion.

NOTE: Secondary and LB's must communicate who eligible receivers are. Jersey No. must be 1-49 or 80-99.

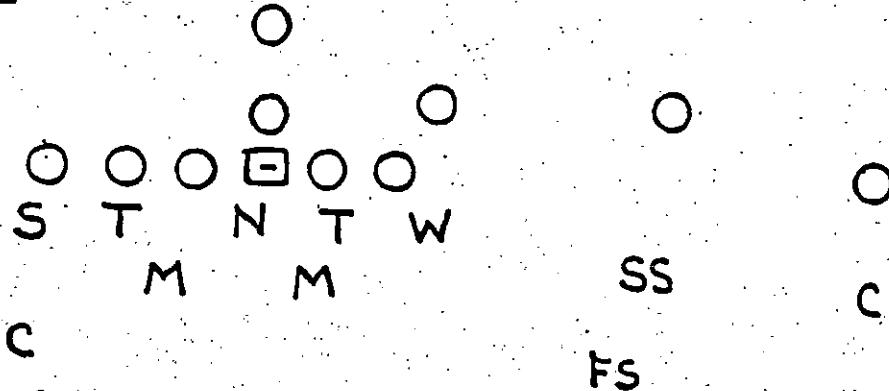
3. STANFORD



Check Rules:

1. Play front, treat like pro formation - Liz call
2. Ball on hash - form into boundary and they are throwing to the field - we will get out of switched alignment.

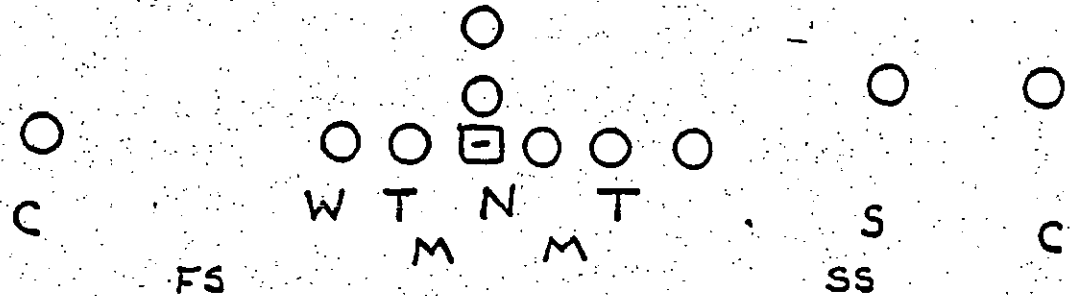
4. TRIPS X



Check Rules:

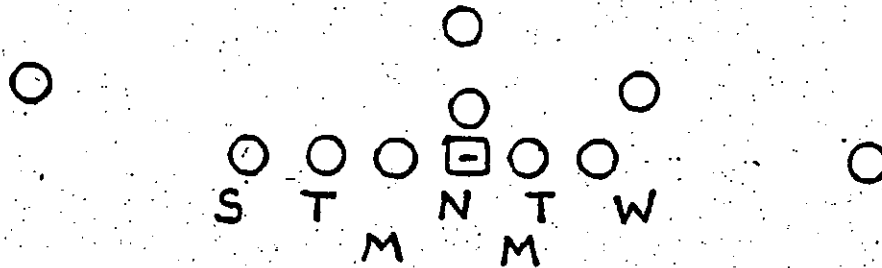
1. Reduced = Twins Check
Lock Coverages Stay
2. Could slide ILB's to Trips side.

5. TRIPS Y



Check Rules:

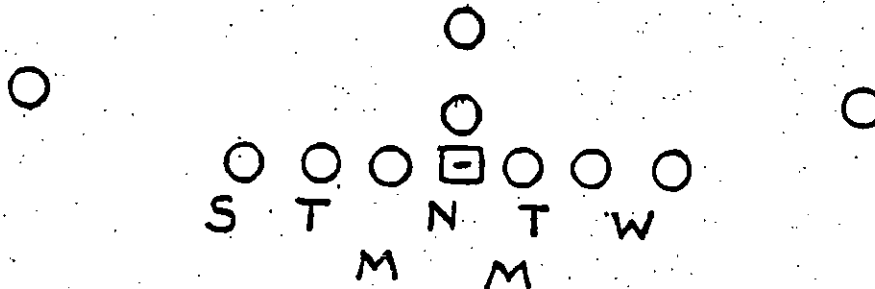
1. Stay in Front and adjust Stud off if in Coverage.
2. Could slide ILB's to Trips side.



Check rules:

1. Play front.

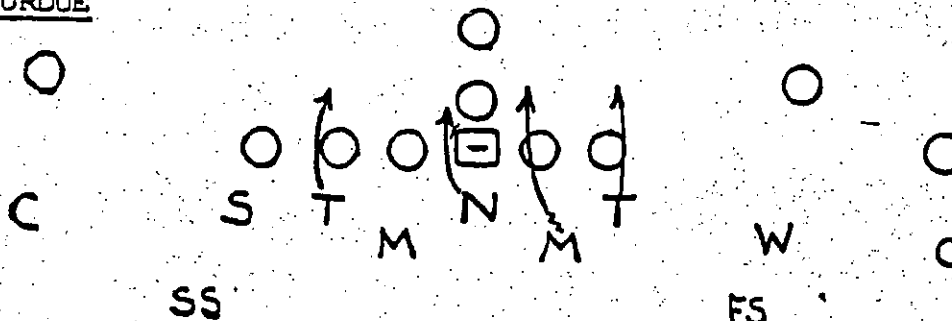
7. HOUSTON



Check rules:

1. Play front.
2. "Left" call in middle. To the field on hash.

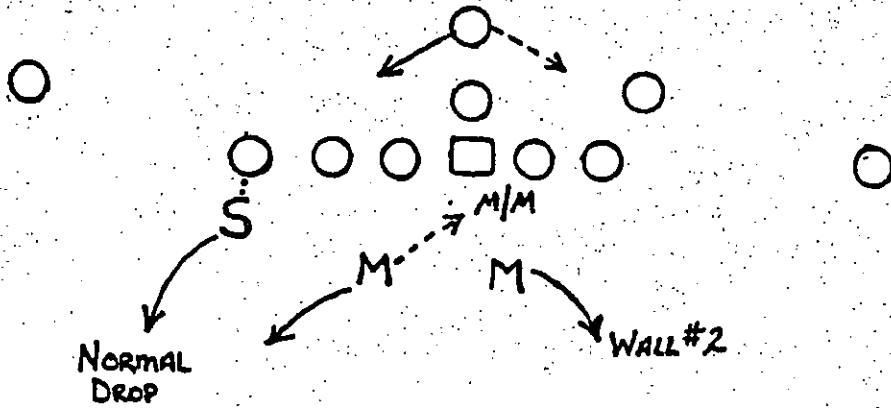
8. PURDUE



Check rules:

1. Ck. Purdue cov. 44
2. If in stay def. (46 cov. 6) play it.

DOUBLES RULE



1. Reduced Fronts - Play it.
2. Hash mark calls - do not play it unless Cov. checks to 5.
3. 50/33 - No Doubles Rule - No Delay Concept.
4. 30/1 - Spot Drops - No Doubles Rule.
5. 7 Cov. - No Doubles Rule.

MOTION THEORY

Motion is employed in offensive schemes to create confusion, disrupt concentration (mental aspect) and to force displacement of defensive personnel (physical aspect). This is accomplished in part when the defense either fails to adjust or adjusts inadequately because the concept of motion is not clear or fully understood.

In reality, when an offensive scheme incorporates motion, they are attempting to gain an advantage over the defense. You must remember to gain something, you must give something. Therefore, by motioning a player, the offense incorporates many disadvantages you should be aware of. Some of these are the following:

1. It takes greater offensive timing to coordinate a running or passing game with the use of motion.
2. Because of the above, it takes more practice time which directly takes time away from fundamentals and techniques.
3. Motion consumes time, therefore, the offensive cannot get as many plays per game nor can they run as many plays during practice in team timing.
4. A man in motion is not as an effective blocker or pass receiver because he must be moving parallel to or away from the LOS at the snap of the ball. Therefore, his movement is not upfield or at the point of attack.
5. Certain motion (Motion creating a one (1) backset limits physically how a team can attack you and also provides a key as to where they will attack you, by the offensive formation.

You can see that understanding of motion theory and a positive attitude toward the adjustments to motion are essential to play sound defense.

The adjustment to motion is twofold:

1. Mental
2. Physical.

The importance of a knowledge of motion theory has been discussed, and a positive attitude has been mentioned. To develop a positive

approach to motion you must remember that an opponent utilizes motion to take advantage or force a weakness in the defensive structure with a certain degree of liability to themselves.

Physically, our adjustment to motion will be logical and sound yet flexible and sophisticated enough to always give us the advantage over our opponent.

Our structure in most instances is a seven man front/four deep secondary. Therefore, with few exceptions, most motion adjustments will be handled by our secondary. Any motion adjustments not handled by the secondary will be made by inside and/or outside LBers. Our basic theory consists of the following:

1. The secondary will always maintain the perimeter-- meaning defensive backs will always be aligned on the widest receivers on the field. Corners will usually be aligned on the widest eligible receivers.
2. While safeties will usually be aligned on or near the second (primary) receivers counting from the outside-in.
3. Outside linebackers align on primary receivers when the primary receivers are aligned in the position of a normally spaced offensive third man or within the split rules of the outside linebackers.

The actual physical adjustment will be contingent upon the type of motion we encounter and how that motion effects the offensive set in terms of running and passing strength.

We will always go into a game situation with at least two ways to adjust to motion. This will give us the advantage in not being predictable to the offense.

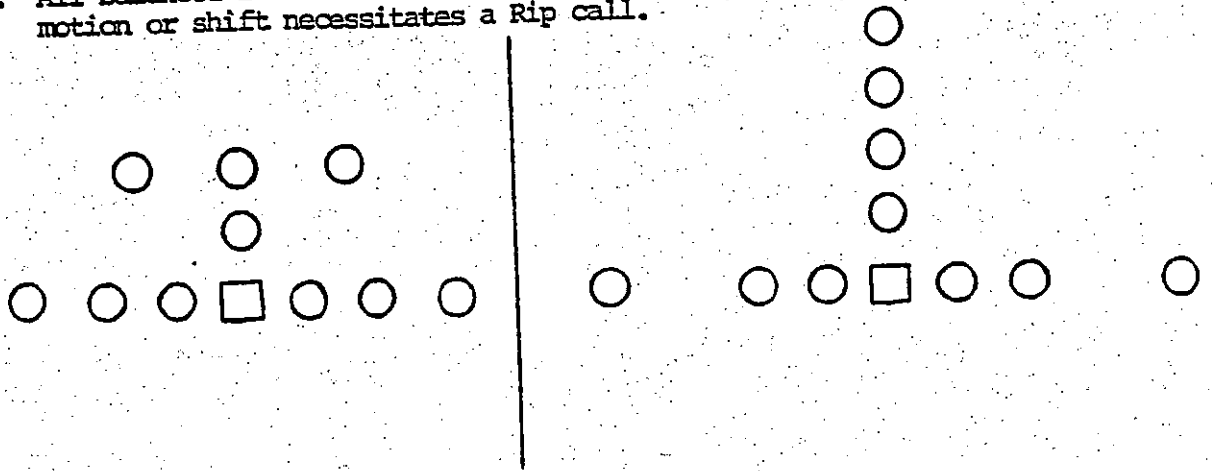
By adding the term "stay" to our coverage call, we will have the ability to freeze our coverage versus any motion or formation, thus the only adjustment will come in a modification of technique by the defensive player responsible for the flat to the side of motion.

Supplemental to the above, is the theory of meeting strength with strength, balance with balance. An adjustment in the secondary is usually needed to comply with the above mentioned theory.

ADJUSTMENT AND STRENGTH CALLS

I. Declaration of strength in the middle of the field.

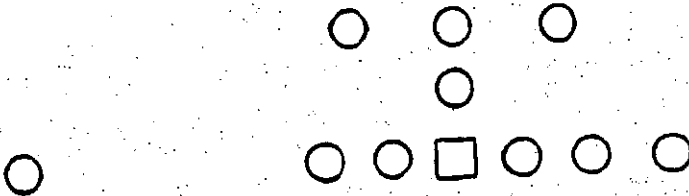
A. All balanced formations are Liz calls until the change of strength motion or shift necessitates a Rip call.



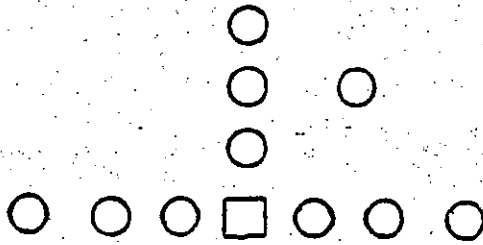
Note: Cover 5 checks to cover 2 with a 3 back set. On Zoom motion the safeties will exchange and go to cover 3. The SS will run through for cover 6.

B. Exceptions are wishbone and Power I.

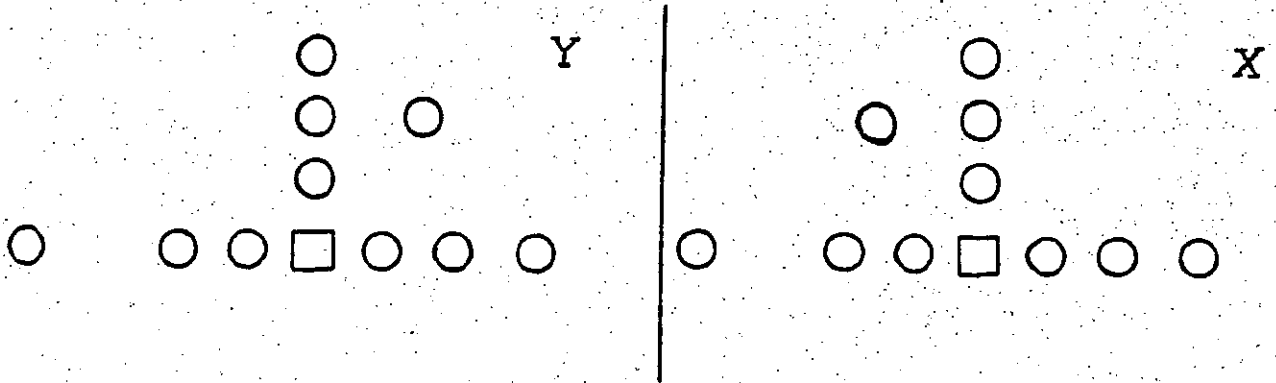
Wishbone - split end is strength



Power I - HB is strength



Power I-Y - Treat as pro formation and the coverage is 2.

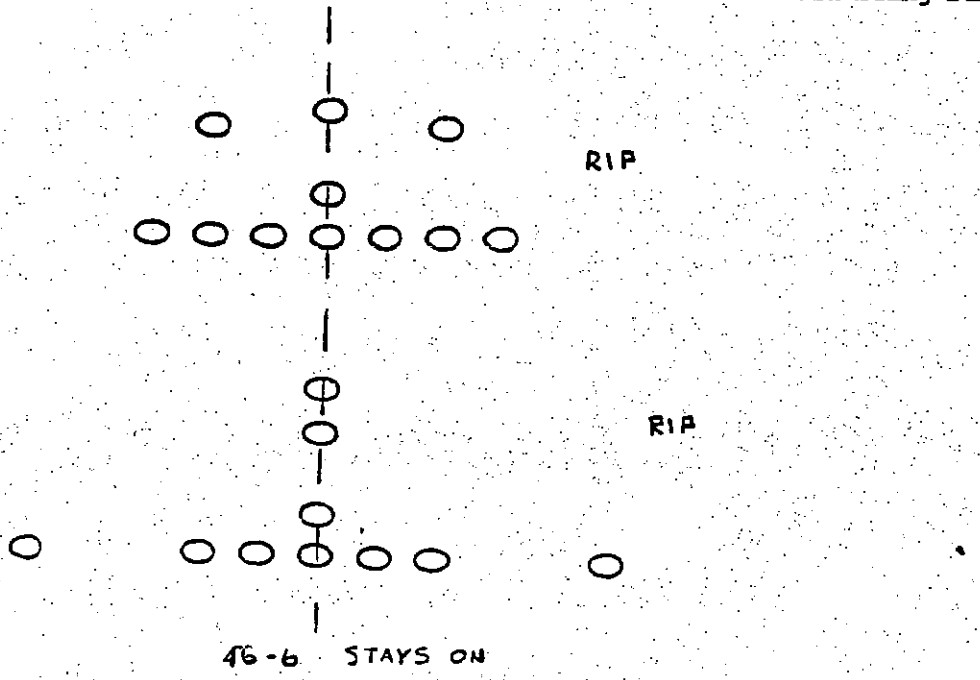


Power I-X - Treat as Twins formation and the coverage is 3 or 6.

Note: All hash mark defenses are on. motion to boundry check 5 or 2.

II. Declaration of strength hash mark.

A. All balanced formations are treated as field being strength.



4
Stumps

S T U N T S C H E M E

Purpose: To attack the offense with a variety of Full Run Stunts, Semi-run Stunts, and Semi-pass Stunts, yet still play zone defense and not risk giving a long gain against us. Stunts are a change up from our normal look and provide us with an opportunity to force the offense into a potential error by causing confusion in blocking assignments.

S T U N T P H I L O S O P H Y

To attack and penetrate the line of scrimmage in an all-out aggressive manner executing the designated techniques and carrying out the necessary responsibilities to make the stunt effective.

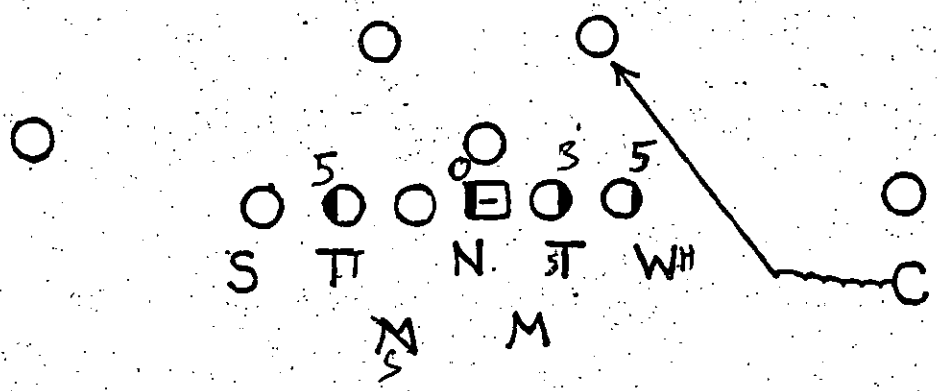
Key: The people involved in the stunt must key the ball for your movement.

C A U S E T H E F U M B L E!

G E T T H E S A C K!

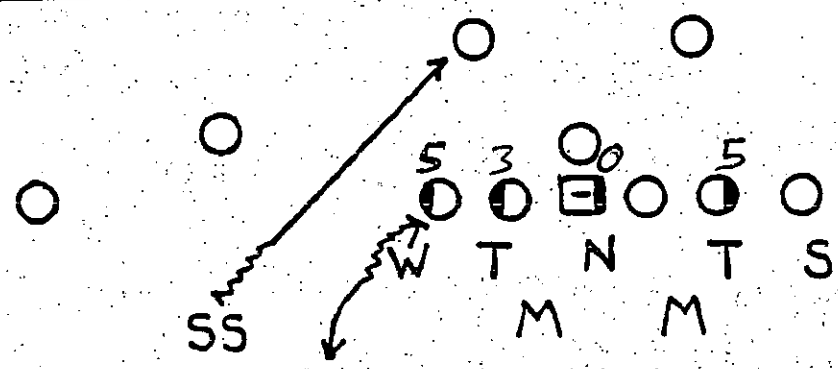
B E A B I G P L A Y P L A Y E R!!

1. 20 SHOOT



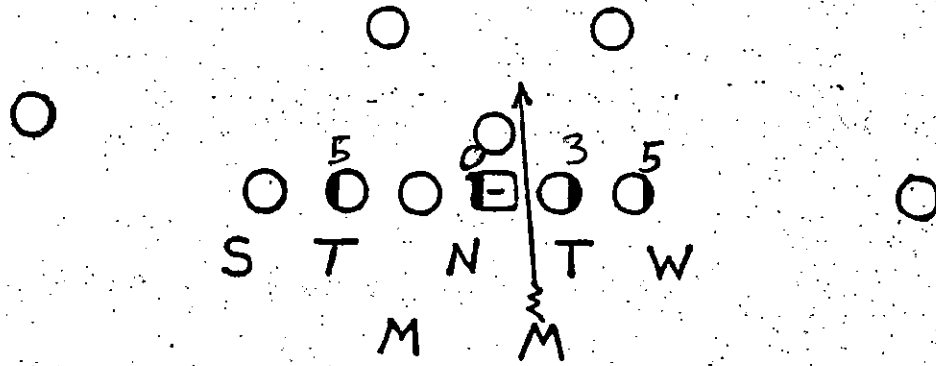
- A. Secondary stunt executed by Corner or Strong Safety to the reduced side of our defensive front.
- B. Will determine on game to game basis if and/or when the stunt would be checked off. (i.e., formation into, 1 Back set)
- C. Will give up weakside flat in pass coverage.
- D. Whip LB will power rush the OT on drop back protection and come under any secondary blocker on run or pass.

2. 20 EXCHANGE SHOOT



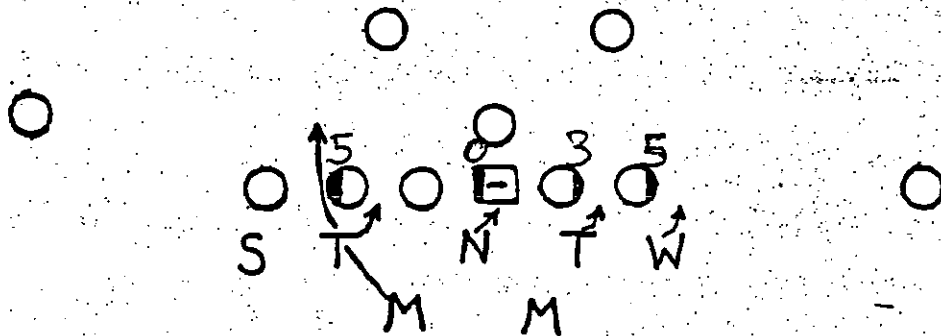
- A. Secondary stunt executed by Corner or Strong Safety to the reduced side of our defensive front.
- B. Whip will step to OT in an effort to draw block.
- C. Whip will replace DB in pass coverage. Wall first receiver inside out.

3. 20 MIKE



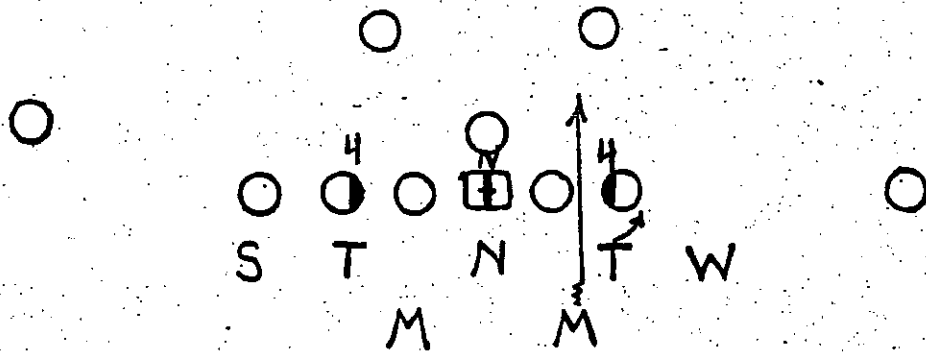
- A. Mike LB pops "A" gap weak.
- B. Will give up weakside curl in pass coverage.

4. 20 ROCK/MAC



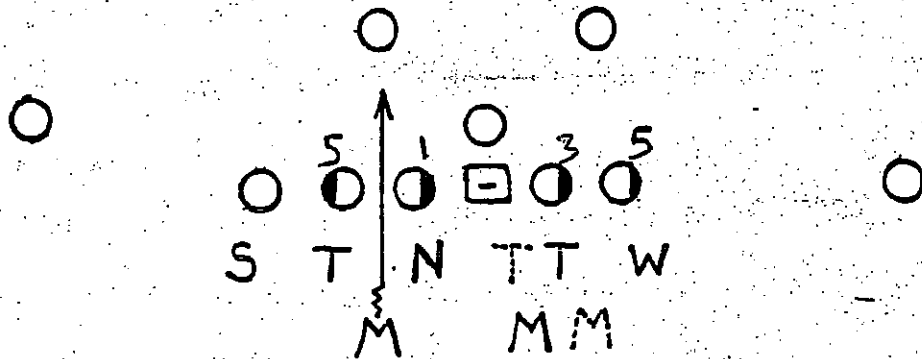
- A. Mac LB pops "C" gap strong.
- B. Four front positions will angle away from strength call.
- C. Will give up strongside hook in pass coverage.

5. 30 MIKE



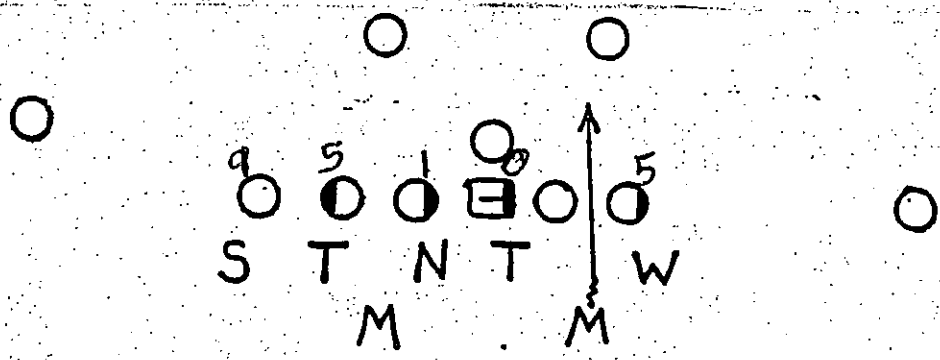
- A. Mike LB pops "B" gap weak.
- B. Will give up weakside curl in pass coverage.

6. 40 MAC and 42 MAC



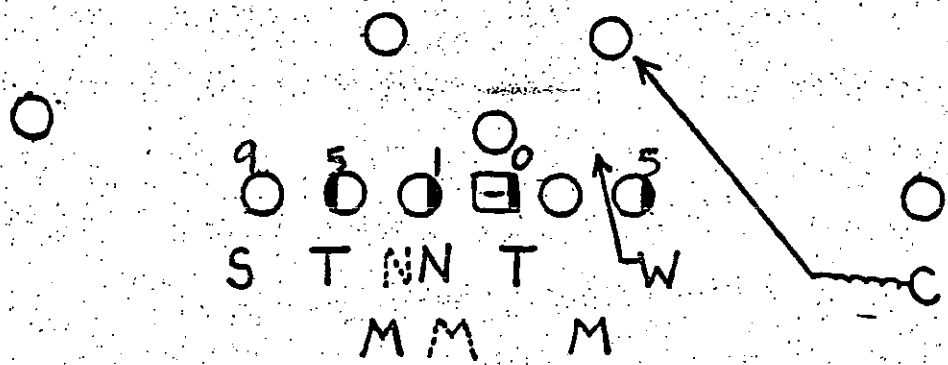
- A. Mac LB pops "B" gap strong.
- B. Will give up strongside hook in pass coverage.

7. 42 MIKE



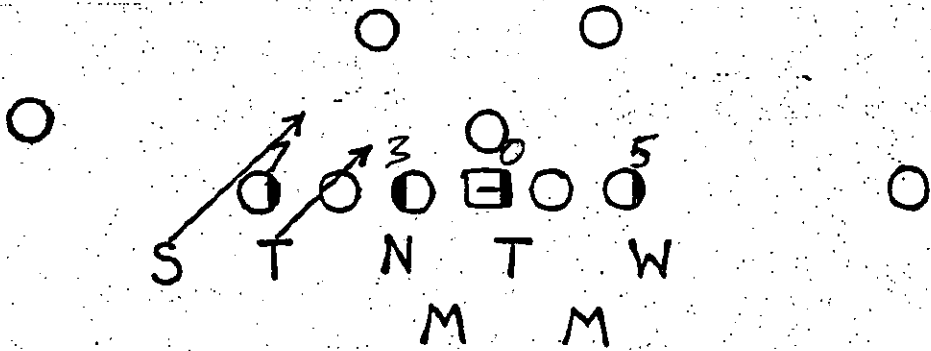
- A. Mike LB pops "B" gap weak.
- B. Will give up weakside curl in pass coverage.

8. 42 SLIP/SHOOT and 43 SLIP/SHOOT



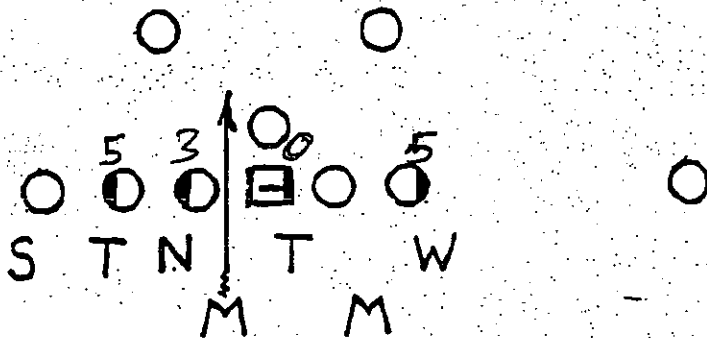
- A. Secondary stunt executed by Corner or Strong Safety and the Whip LB to the reduced side of our defensive front.
- B. Will determine on game to game if and/or when the stunt would be checked off. (i.e., formation into, 1 back set)
- C. Will give up weakside flat in pass coverage.

9. 43 WIDE/JET



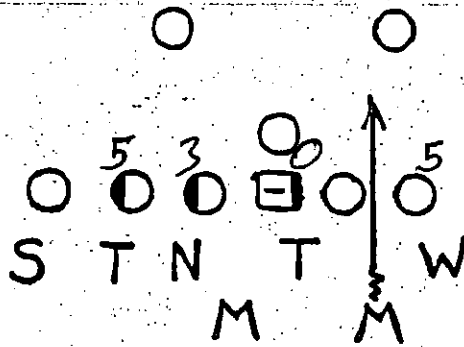
- A. Stunt executed by strongside DT and Stud LB.
- B. DT will crash from "7" alignment
- C. Stud will execute a Dog Stunt from "8" alignment.
- D. Will give up Stud LB in coverage.

10. 43 MAC



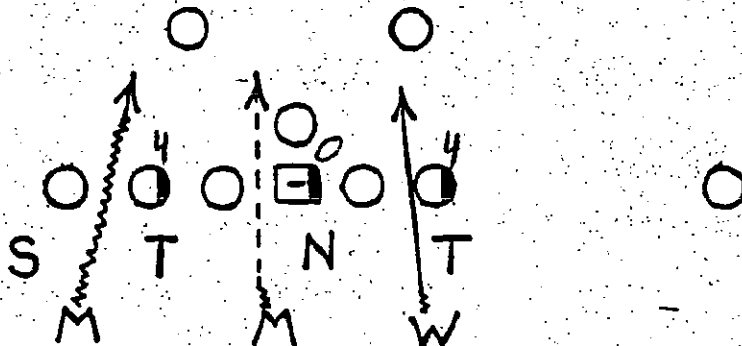
- A. Mac LB pops "A" gap strong.
- B. Will give up strongside hook in pass coverage.

11. 43 MIKE



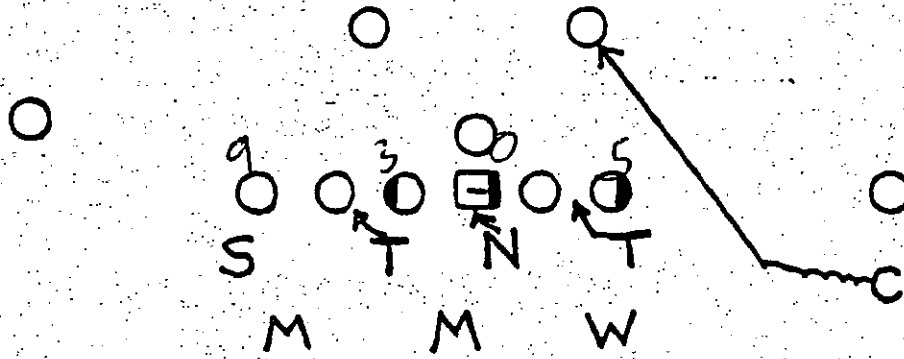
- A. Mike LB pops "B" gap weak.
- B. Will void weakside curl in pass coverage.

12. 53 MAC, MIKE OR WHIP



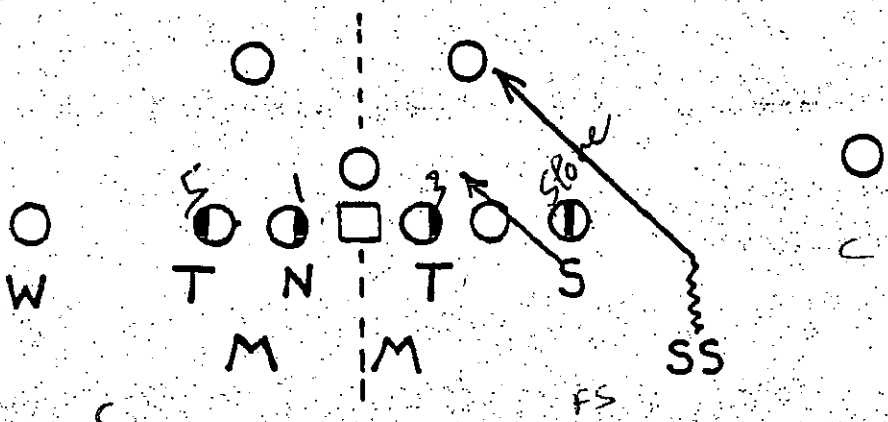
- A. Pop stunt executed by LB named in call.
- B. Will give up one underneath zone in our pass coverage voided by the LB named in the stunt.

13. 53 EAGLE ROCK/SHOOT



- A. Stunt which directs defensive line to angle to strength call and Corner or Strong Safety to the reduced side of our defensive front to execute at tailback (shoot) stunt.
- B. Will determine on game to game basis if and/or when the shoot phase of the stunt would be checked off. (i.e., formation into, 1 back set)
- C. Will give up weakside flat in our pass coverage.

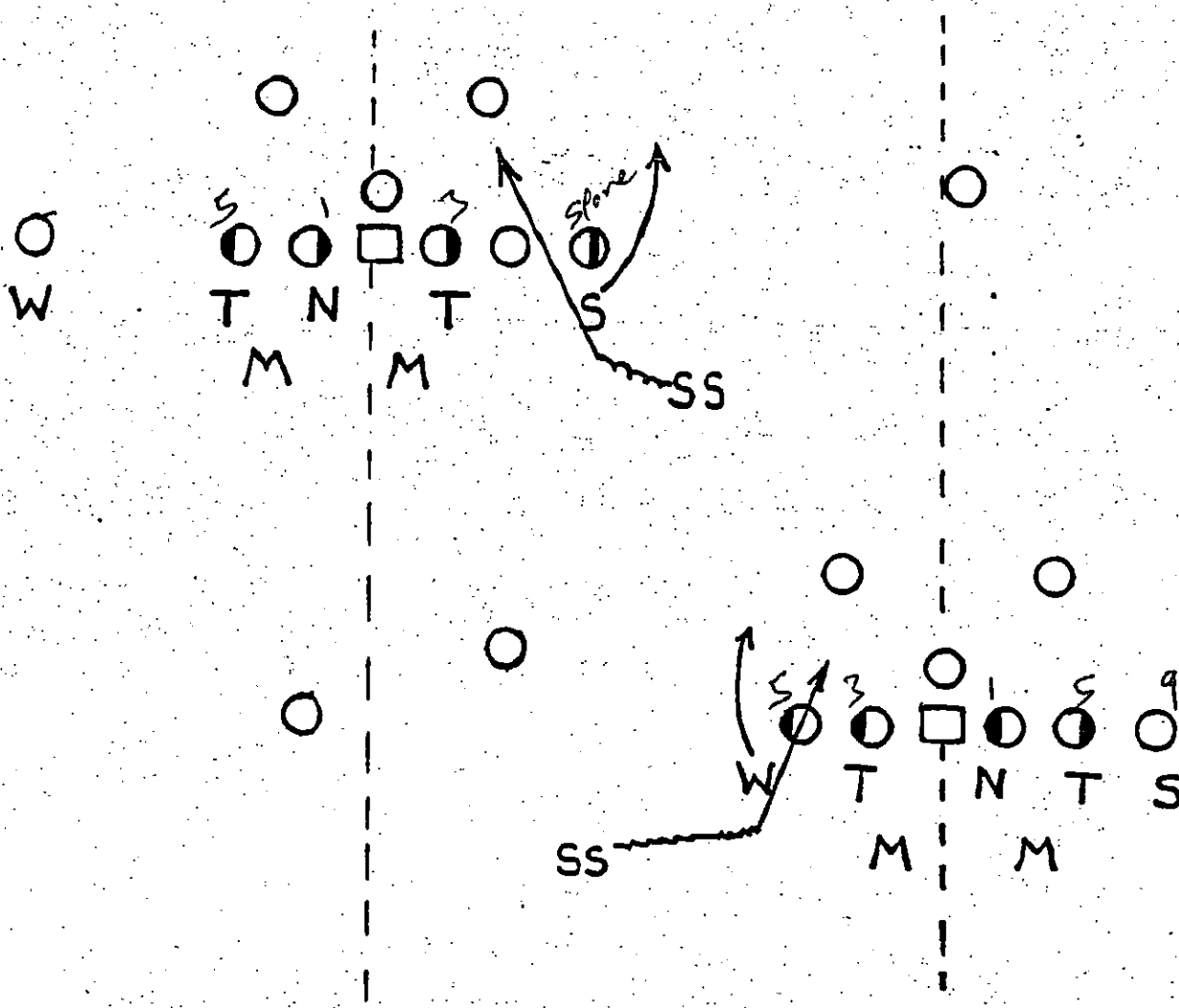
14. 46 SHOOT/6



- A. Stunt executed by Strong Safety from wideside of the field.
- B. Can be executed vs. all formations.
- C. Stud - Automatic crash, power rush with possible slip vs. dropback protection. Come under secondary blockers. Pick step-it blocking scheme.

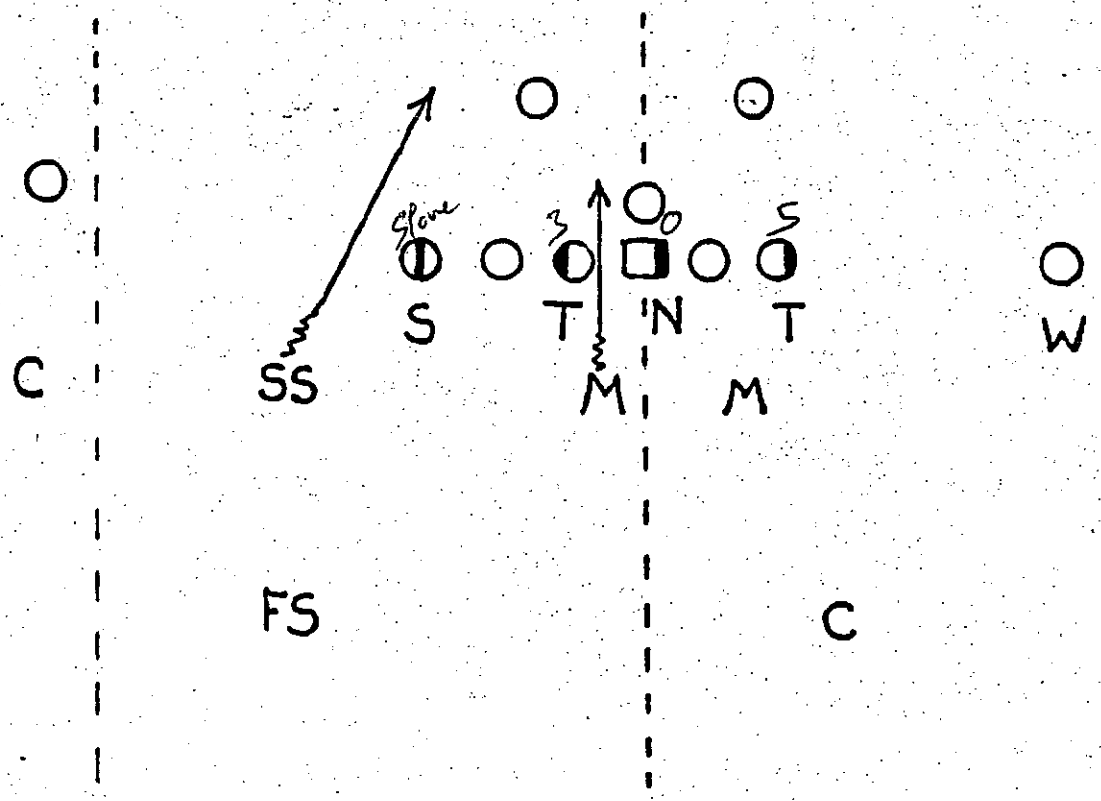
What is this?

90/

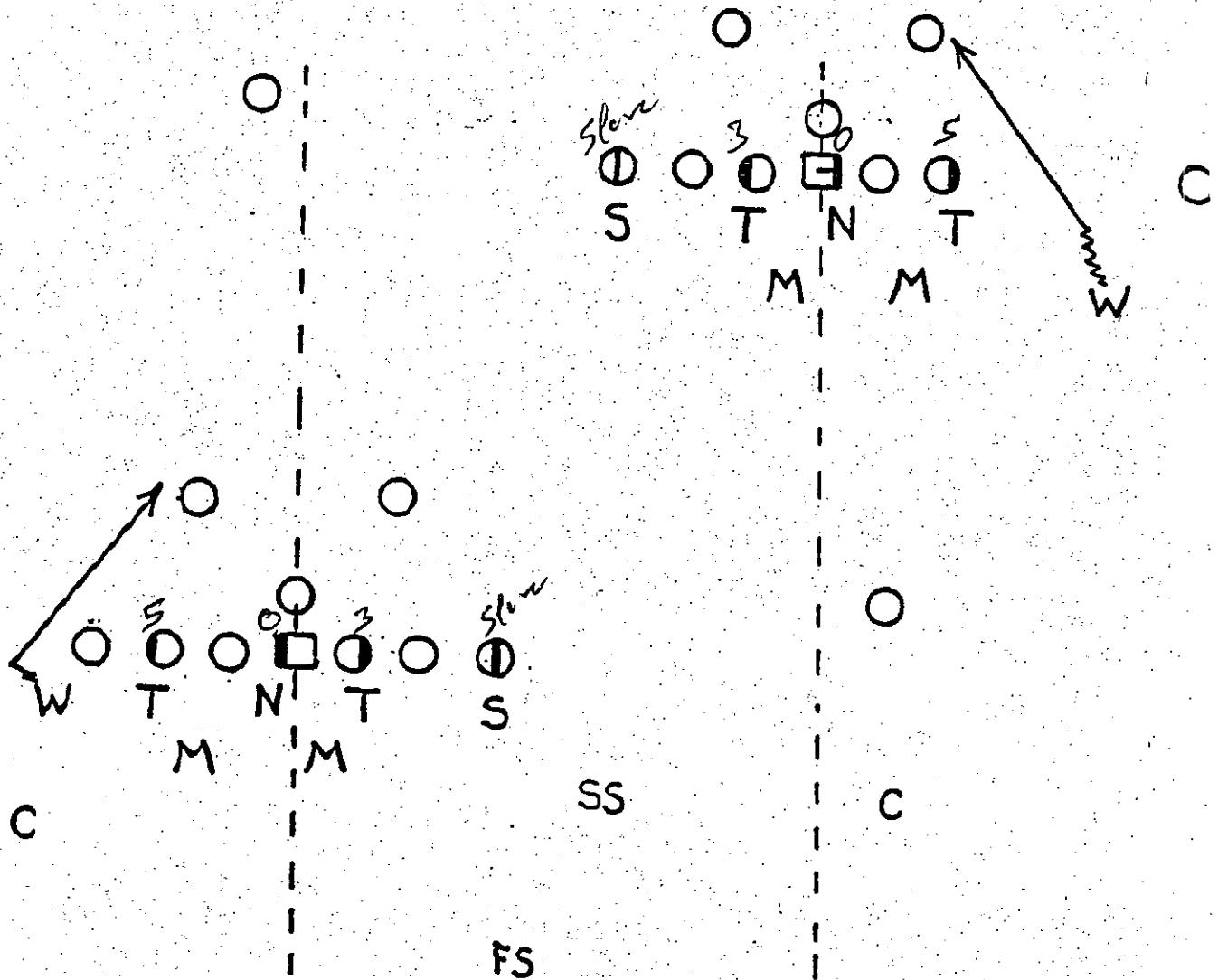


- A. Stunt executed by Strong Safety from wideside of the field.
- B. SS will stunt through "C" gap vs. TE set to field. Stud LB will execute Dog stunt.
- C. SS will stunt underneath the Whip LB vs. SE set to field. Whip LB will execute "Dog" stunt.
- D. Will give up vertical stretch player in pass coverage.

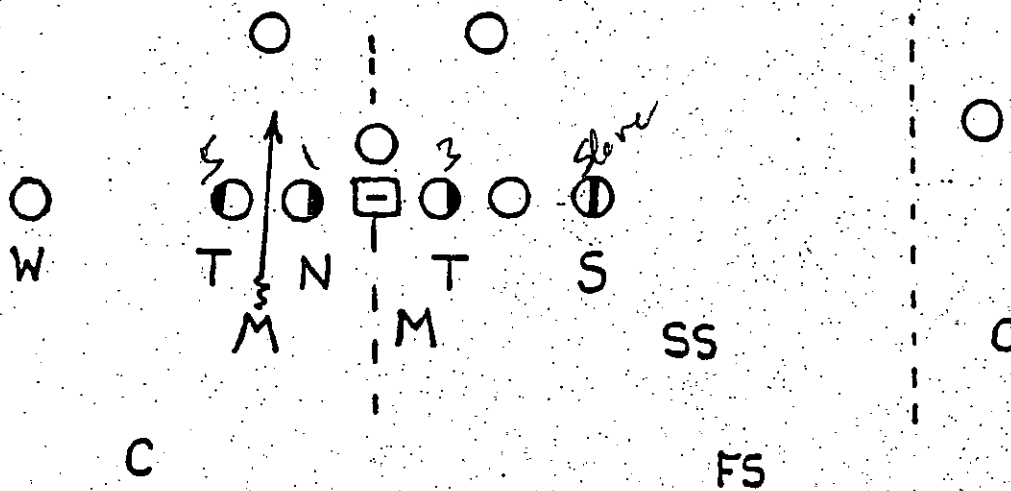
307



- A. Must be TE-Flanker set to the field for exchange to be executed.
- B. Mike pop will be executed vs. all formations.
- C. Strong Safety will come on a Pitch/Contain angle.
- D. Stud LB will be the vertical stretch player in pass coverage - including inside vertical route by TE.
- E. Will void our "delay" area in pass coverage.

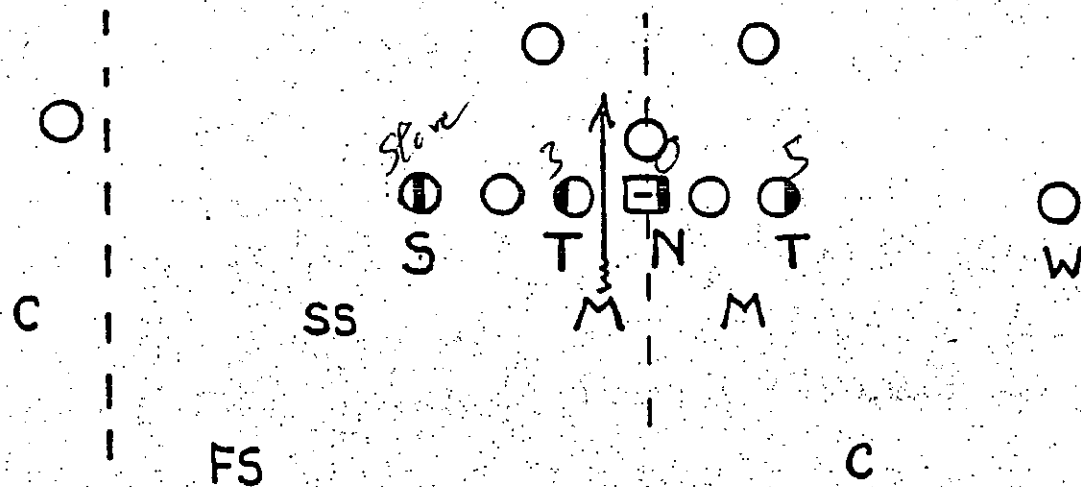


- A. Dog stunt executed by Whip LB from boundry.
- B. If Whip LB is to the field (Pro into or Twins to the field) the stunt will not be executed.
- C. Noseguard will play "Shade" technique.
- D. Will void Fade/Flat area in pass coverage.

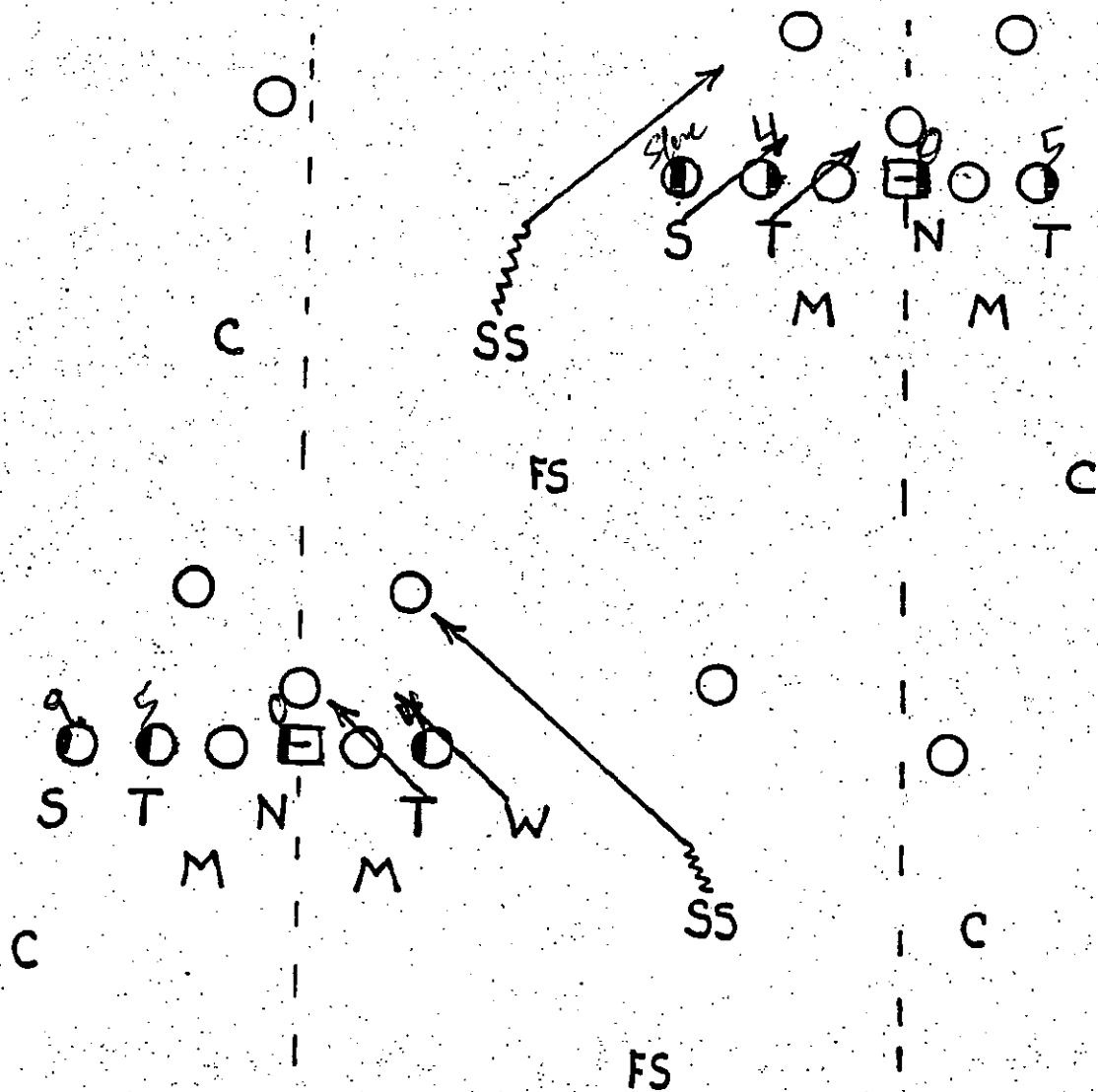


- A. Mac LB pops "B" gap to the boundry vs. all formations.
- B. Will void boundry curl area in pass coverage.

19. 46 MIKE/6

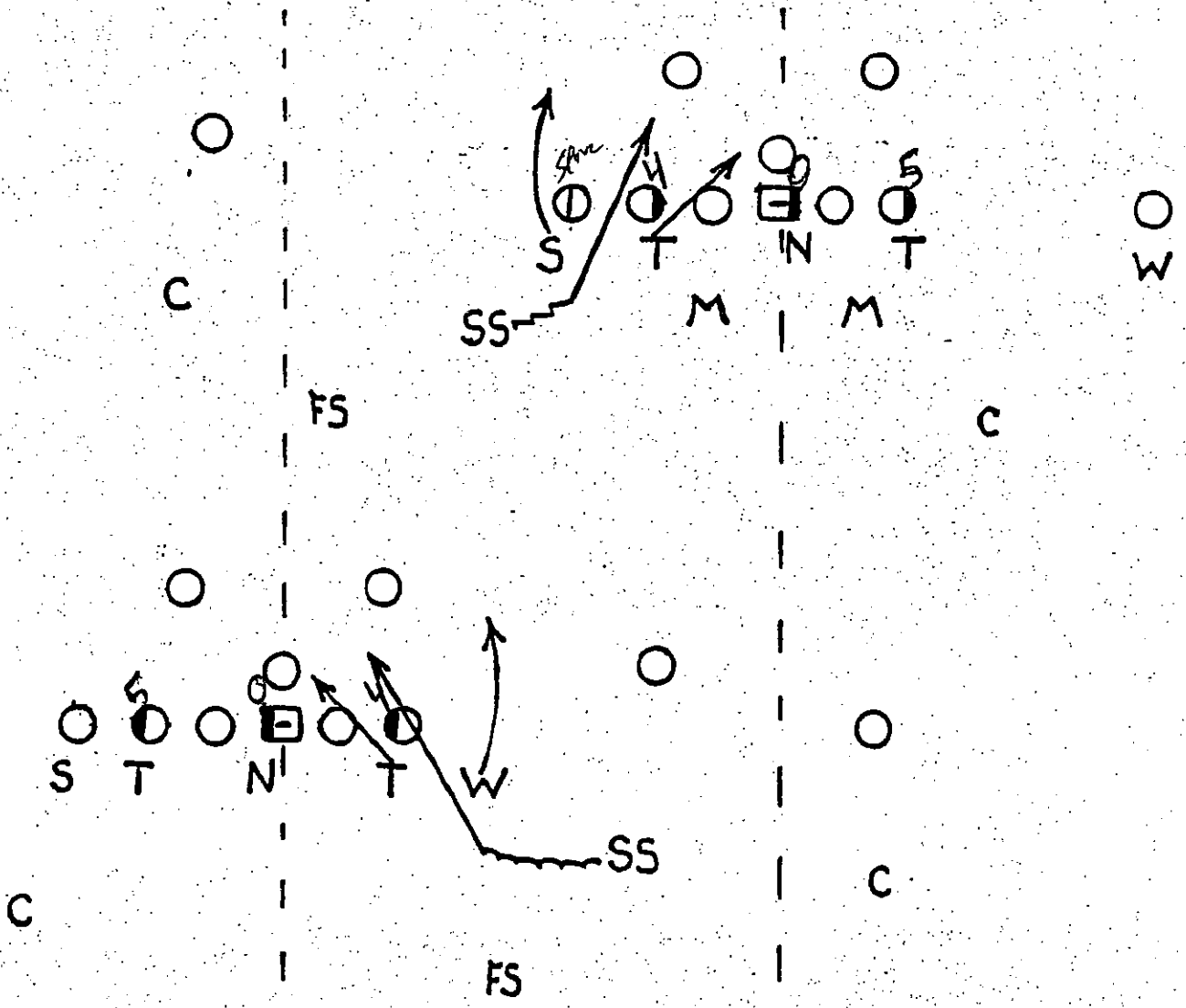


- A. Mike LB pops "A" gap to the field vs. all formations.
- B. Will void our "delay" area in pass coverage.
- C. Stud LB will play "Tight" technique.
- D. Noseguard will play "Shade" technique.



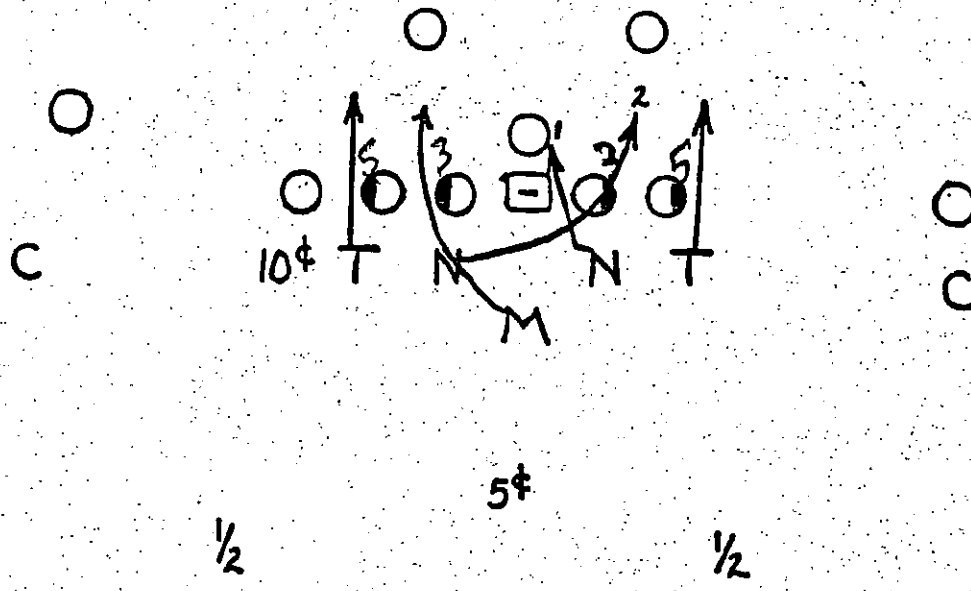
- A. Secondary stunt executed by Strong Safety from the field.
- B. Tackle and OLB to field will execute a "Crash" stunt.
- C. Will determine on game to game basis if and/or when the stunt would be checked off.
- D. Will give up vertical stretch player in pass coverage.

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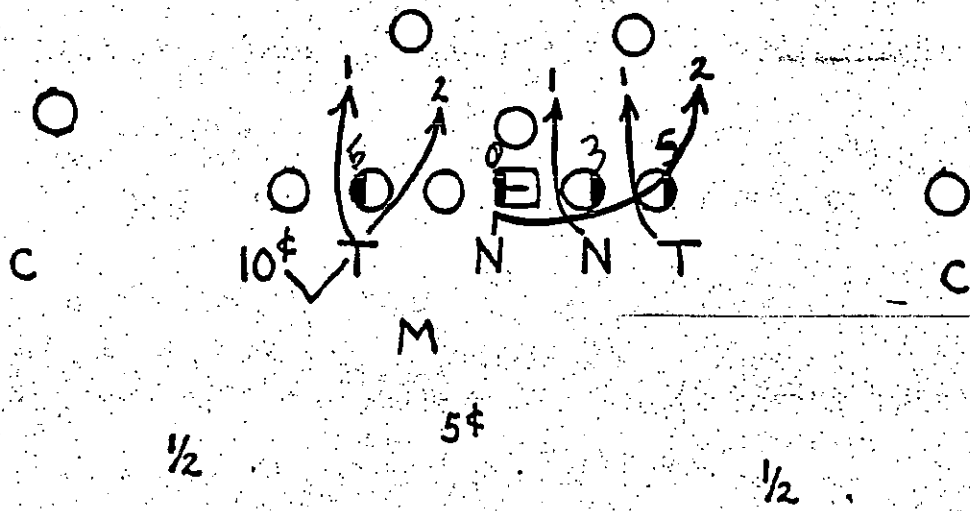


- A. Secondary stunt executed by Strong Safety from the field through "C" gap.
- B. Tackle to field will "Crash", OLB to field will run "Dog".
- C. Will give up vertical stretch player in pass coverage.

22. 60 BELT/MIKE/N2 OR RED X

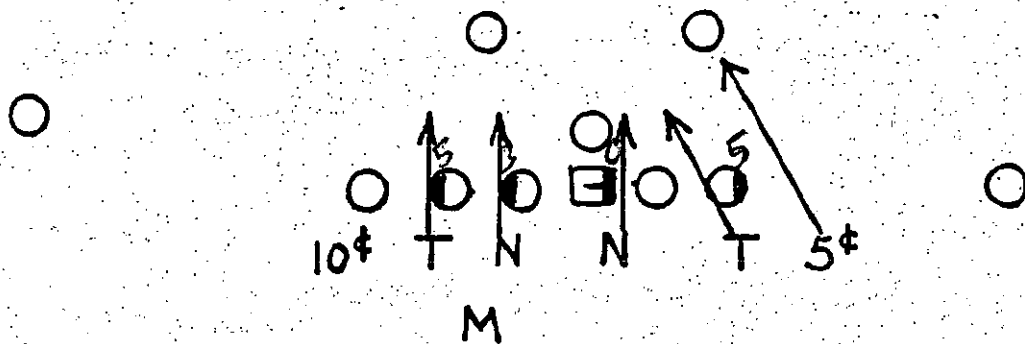


23. 60 UNDER LOOP DIME/N2 OR RED X



A. The 5¢ will replace the 10¢ in his drop in N2.

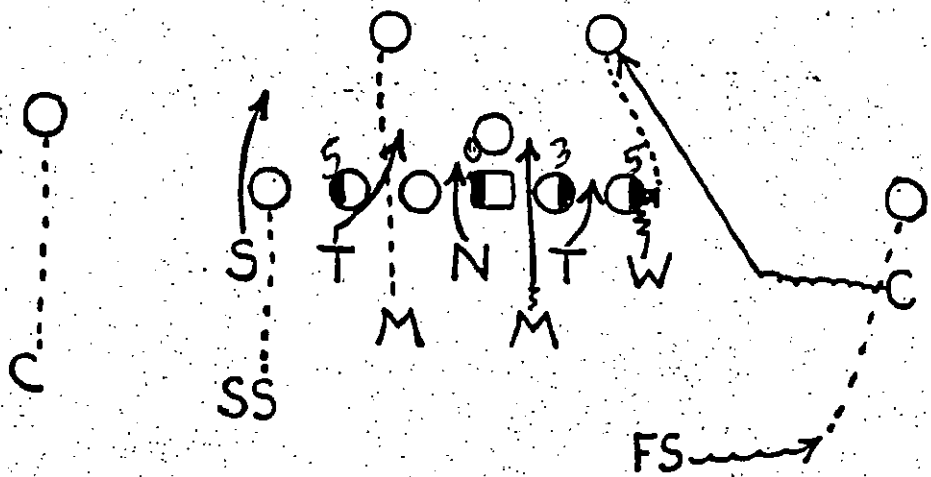
24. 60 OVER/5¢/N2 OR RED X



- A. Stunt executed by 5¢ player. Pitch/Contain angle.
- B. Tackle away from call executes a "Twist" stunt.
- C. Mike LB will line up in a stacked alignment.
- D. Will give up "Robber" in N2 coverage.

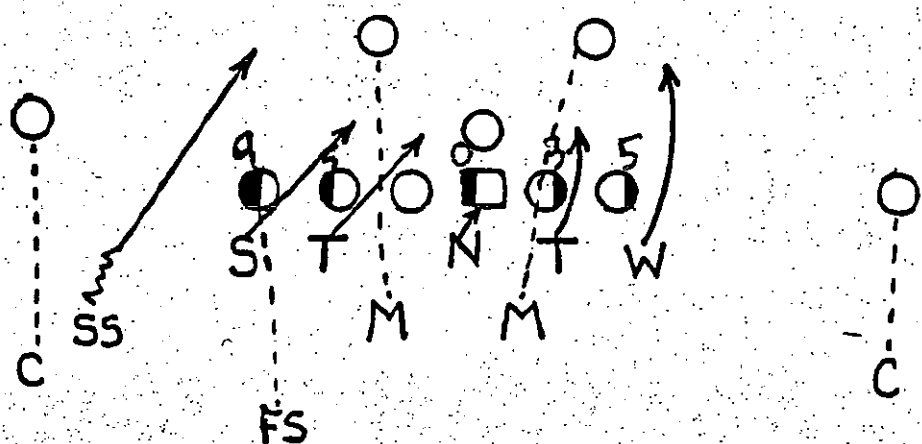
a position that will give you the best opportunity to cover your back when in M/coverage. Cheat you alignment if necessary

1. 20 WILLIE/YELLOW



- A. Corner or Strong Safety blitz from reduced side.
- B. C or SS will run blitz vs. 2 back sets or 1 back set, shifts or motion if the sets or motion are away from the reduced side.
- C. If a back motions to, shifts to, or lines up in Doubles or Trips formation to the side of the blitz, the C or SS running the blitz covers him m/m and the Whip LB will execute a Dog Stunt.

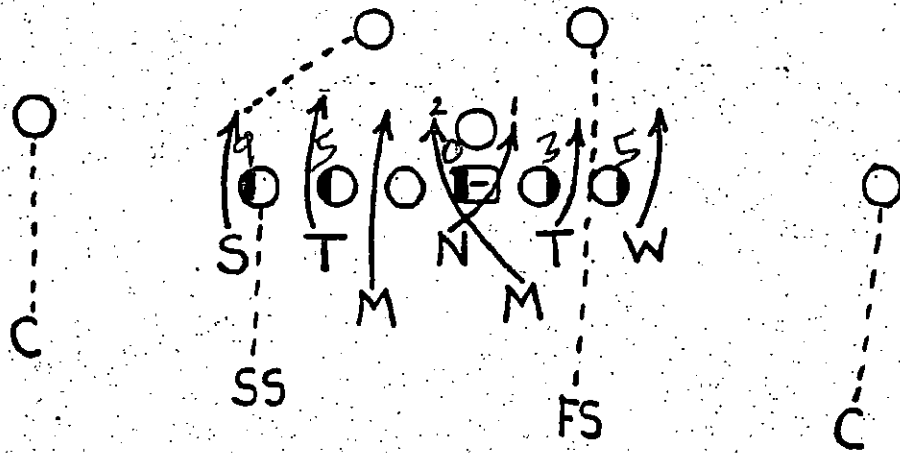
2. 20 ROCK BEAR Y/MAN



- A. Corner or Strong Safety blitz from TE side of formation.
- B. OLB and DT to TE will execute a "Crash" stunt. Whip LB will execute a "Dog" stunt.
- C. Secondary will handle all back motion, shifts, and 1 back sets if there is a TE in the game. ILB's will cover TE and remaining back.
- D. ILB's will handle all back motion, shifts, and 1 back sets if there is not a TE in the formation.

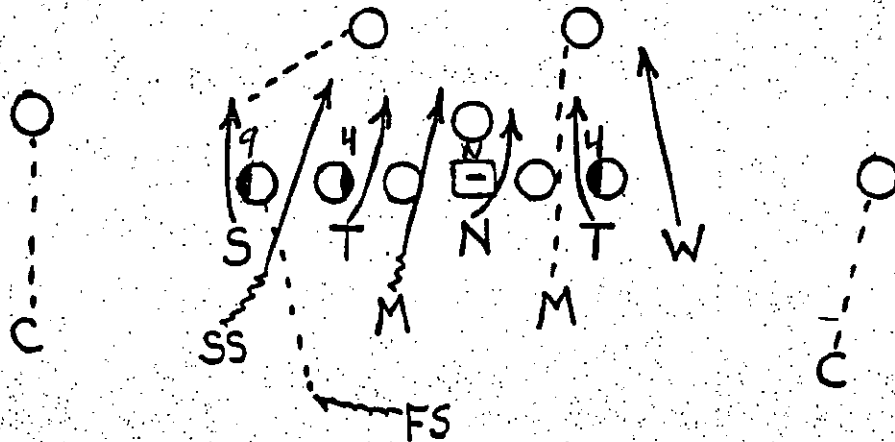
3. 20 CAL/GOLD

307



- A. Balanced 6 man blitz involving both ILB's.
- B. FS handles all back motion, shifts or 1 back sets. Stud LB will cover remaining back.

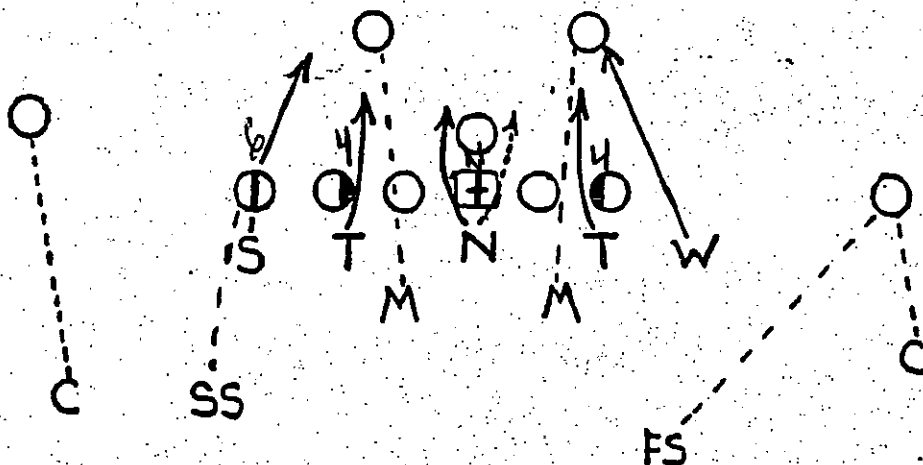
4. 30 STAB/YELLOW



- A. Secondary blitz to TE side of formation.
- B. FS will handle all adjustments to back motion, shift, or 1 back set if there is a TE in the formation.
- C. If no TE in formation, Stud and Mike will handle back motion.
- D. If 1 back set with TE in formation, Stud will lock on TE and Mike has remaining back.

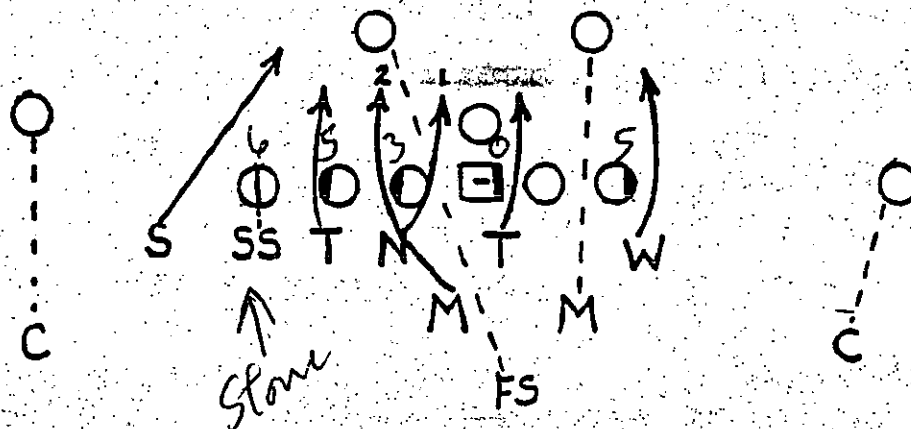
5. 30/RED X

30



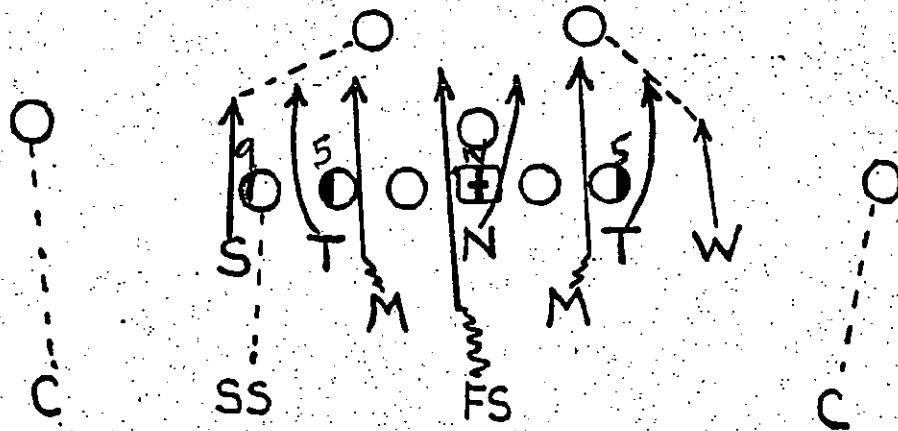
- A. Five man rush with bracket coverage on X.
- B. FS will handle all back motion, 1 back sets, and back shifts. Coverage will check to blue with ILB's covering the remaining back.
- C. One back sets will give us a six man rush.

6. 43 STING/BLUE Y



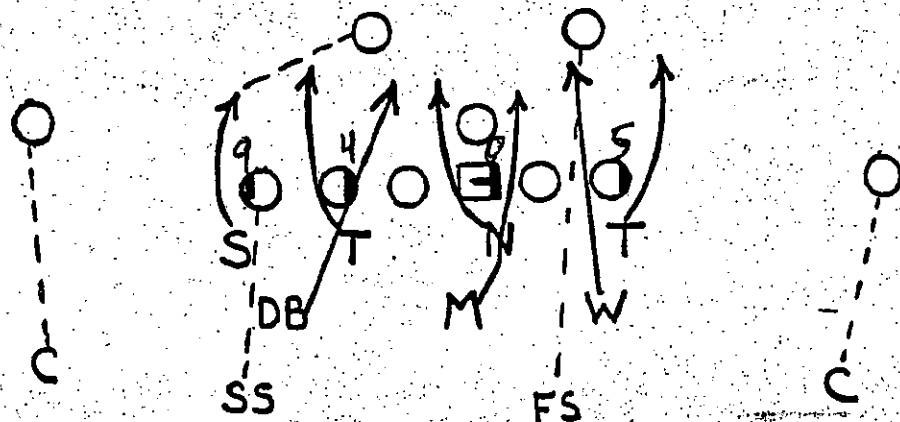
- A. Six man blitz with four strong.
- B. SS in "Solid" alignment.
- C. FS handles all back motion, 1 back sets, and back shifts. Mike LB has remaining back.

7. 50 ACE/ORANGE



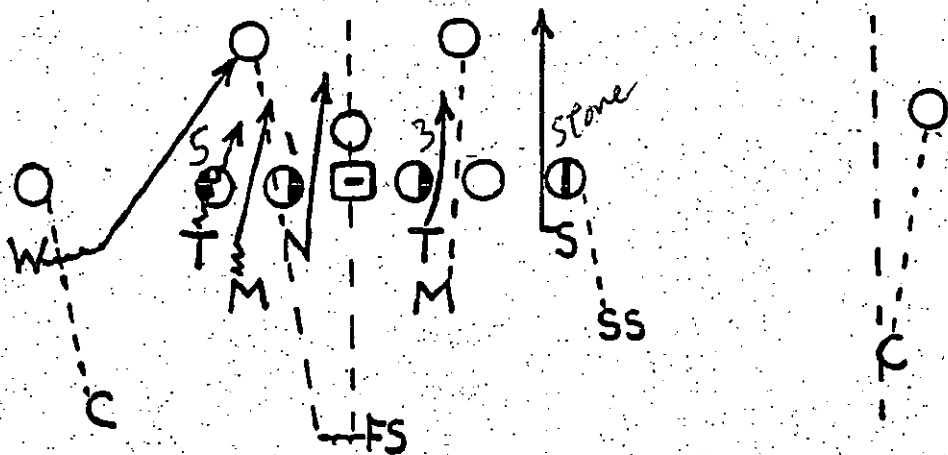
- A. Balanced six man blitz involving FS.
- B. FS will rush through "A" gap strong.
- C. Back motion to a TE will be covered by the Secondary and OLB to that side will lockon to the TE m/m.
- D. Back motion to a SE will be covered by the OLB.
- E. SS will cover the #2 Receiver to the Doubles or Trips side of a one back set. OLB's will lockon to the TE and remaining back.

8. 53 RIP/GOLD (5 BACKS) (4 Man Front)



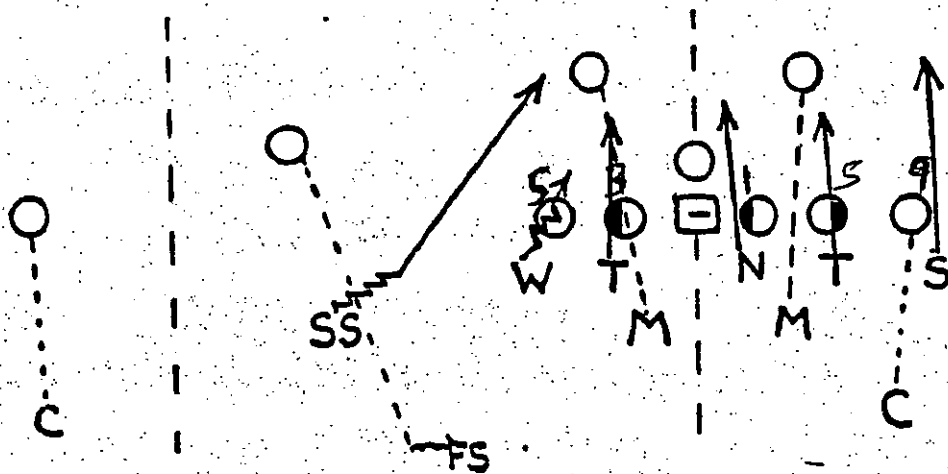
- A. Balanced six man blitz involving extra DB.
- B. FS handles all back motion, shifts or 1 back sets. Stud LB will cover remaining back.

4 Man from



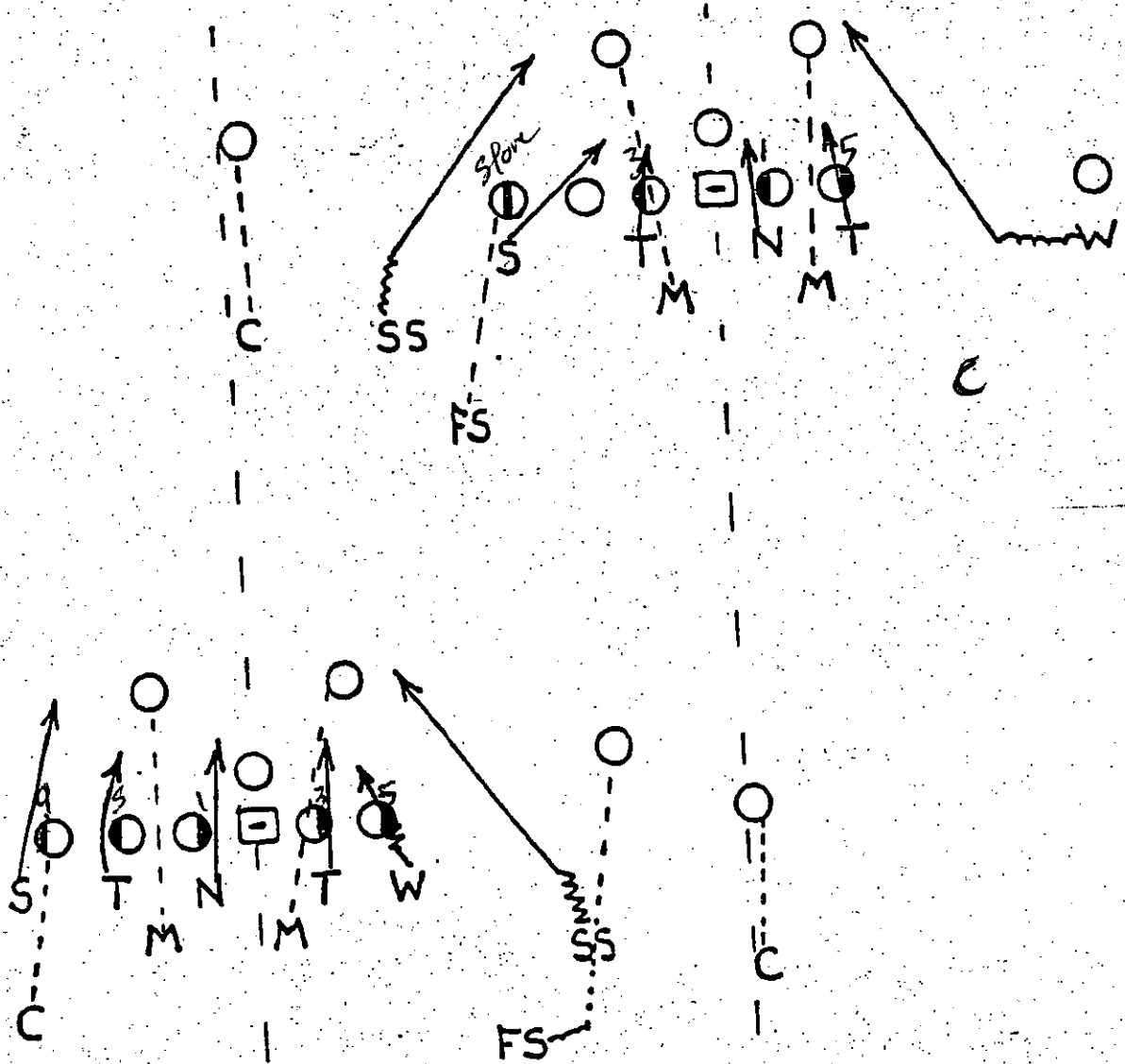
A. Blitz from boundary.

1. TE to the field - Blitz will come from the boundary and will be played with Blue X coverage.
2. FS will handle all back motion, shifts or 1 back sets. Mac LB will cover remaining back.



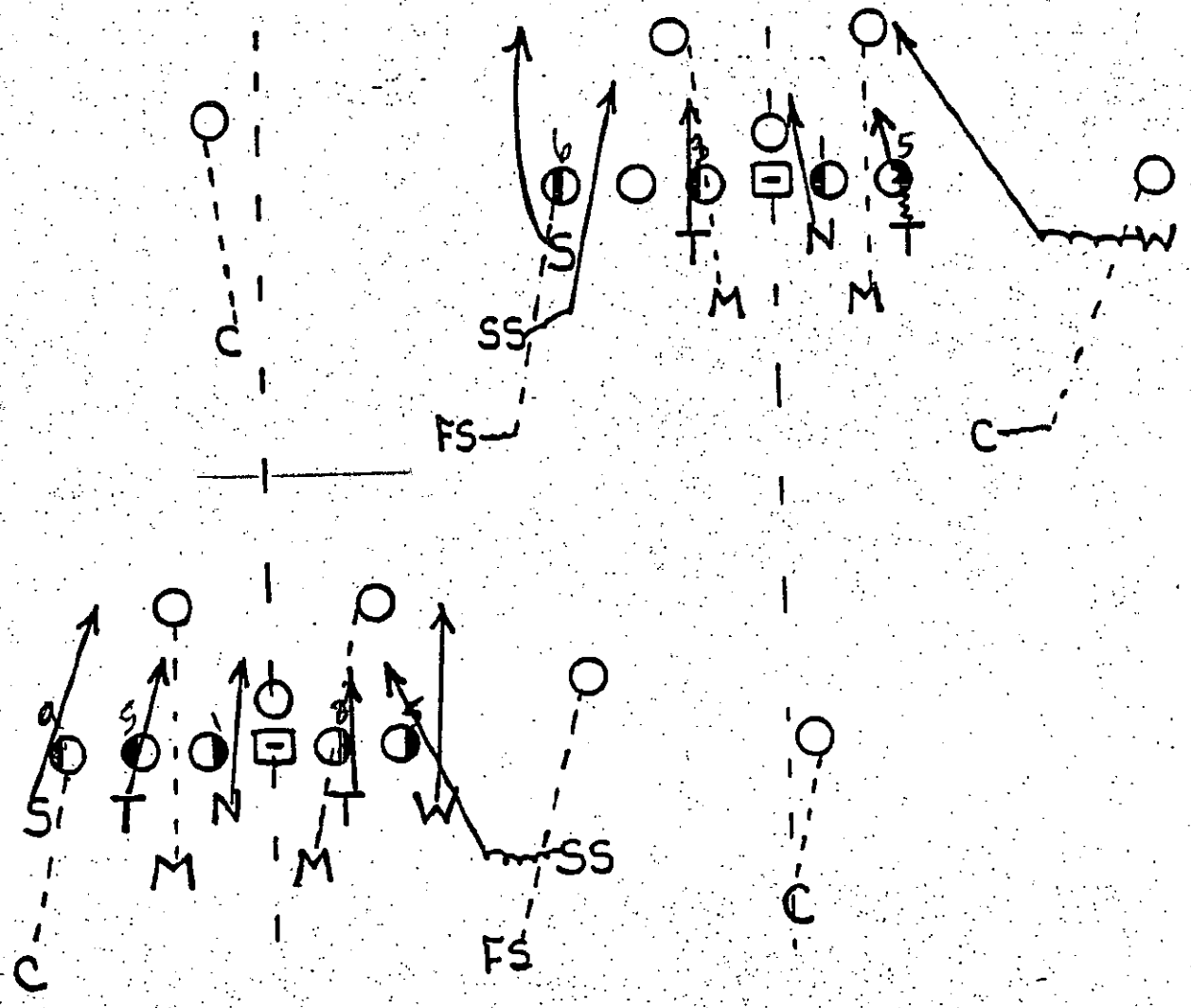
B. Blitz from field.

1. TE to the boundary - Blitz will come from the field. The blitz will be 46 Zip.
2. See 46 Zip (next page) for motion adjustments.



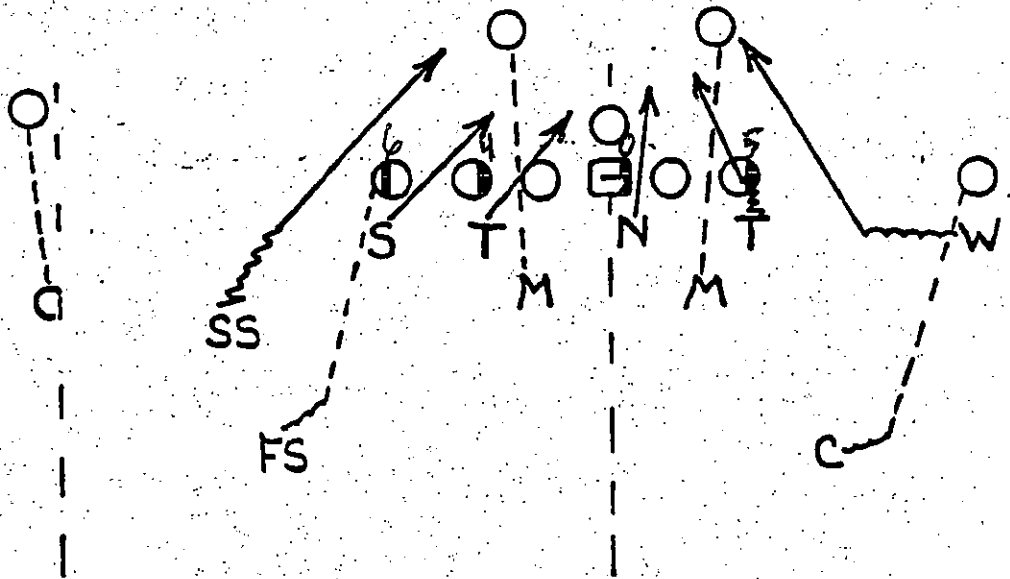
- A. Strong Safety blitz from the field on Pitch/Contain angle.
- B. OLB to field vs. TE will crash. Vs. SE to field OLB will power rush.
- C. DT to field will rush "B" gap. DT to boundry will power rush.
- D. OLB to boundry will execute a "Dog" stunt.
- E. Secondary will handle all back motion, shifts, and 1 back sets if there is a TE in the game. ILB's will cover TE and remaining back.
- F. ILB's will handle all back motion, shifts, and 1 back sets if there is not a TE in the formation.

11. 46 FIRE/MAN



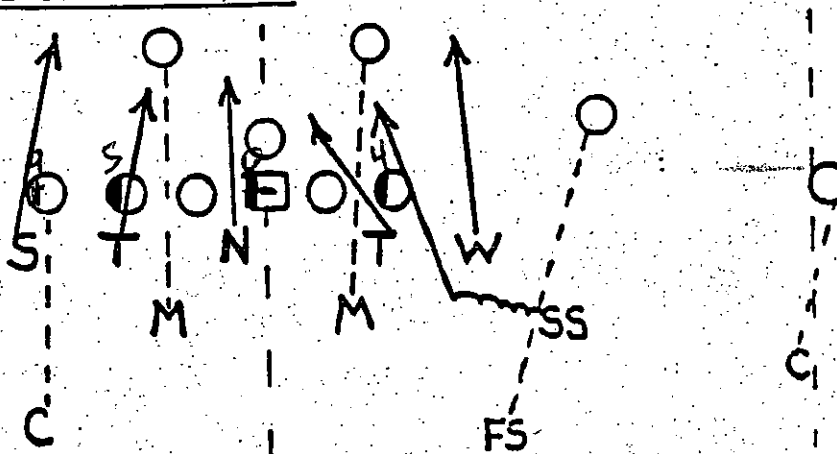
- A. Strong Safety blitz from field coming through "C" gap vs. TE and coming underneath the Whip LB vs. SE to field.
- B. Both OLB's will execute a "Dog" stunt.
- C. DT's and NG - same as 46 Zip/Man.
- D. Man coverage adjustment rules. (See 46 Zip/Man)

12. FIELD CRASH ZIP/MAN



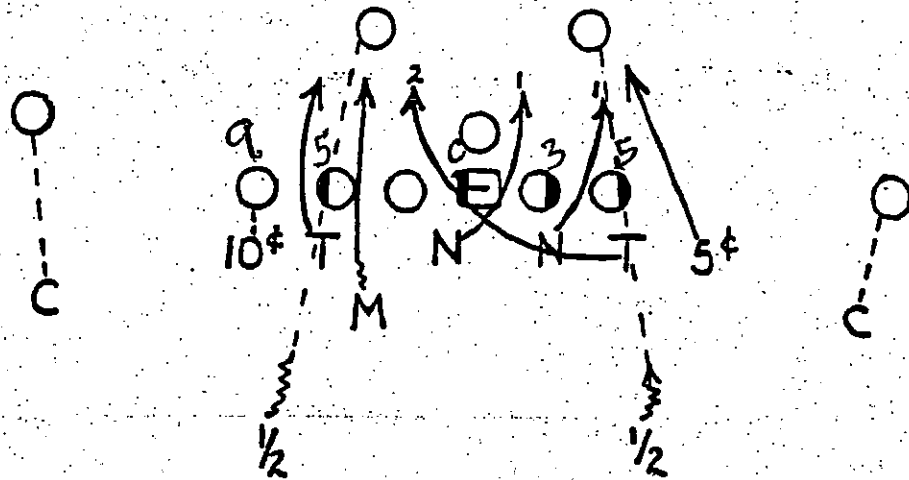
- A. Strong Safety blitz from the field on Pitch/Contain angle.
- B. OLB and DT to field will execute a "Crash" stunt.
- C. Nose Guard will "Shade" weak.
- D. OLB to boundry will execute a "Dog" stunt.
- E. Man coverage adjustment rules. (See 46 Zip/Man)

13. FIELD CRASH FIRE/MAN



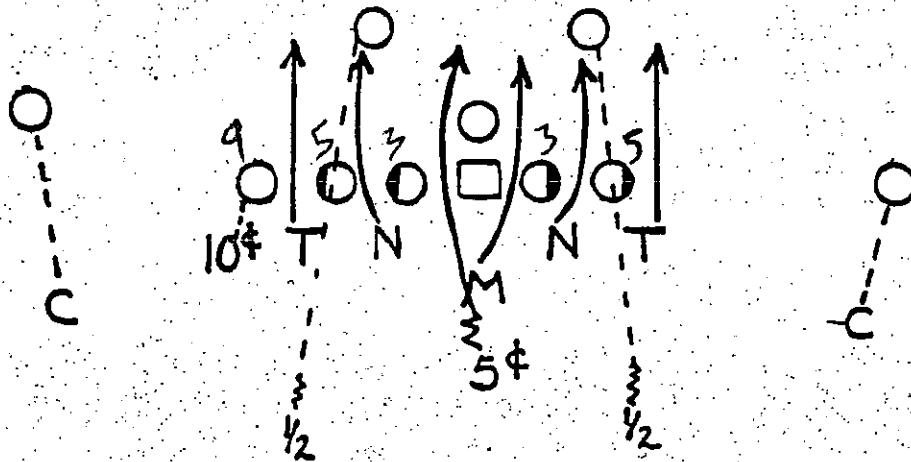
- A. Strong Safety blitz from field coming through "C" gap vs. TE and coming underneath the Whip LB vs. SE to field.
- B. Both OLB's will execute a "Dog" stunt.
- C. DT's and NG - Same as Field Crash Zip.
- C... Man coverage adjustment rules. (See 46 Zip/Man)

14. PITTSBURGH/SILVER

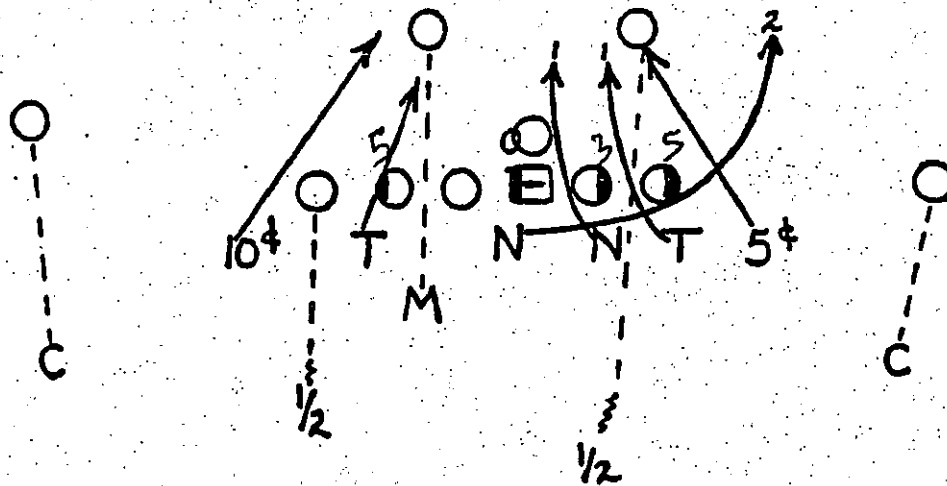


- A. Balanced six man blitz from "under" alignment involving 5f from weak side.
- B. 1/2's players will handle all back motion, shifts, or 1 back sets to their side. 1/2's Player away from adjustment will cover remaining back.

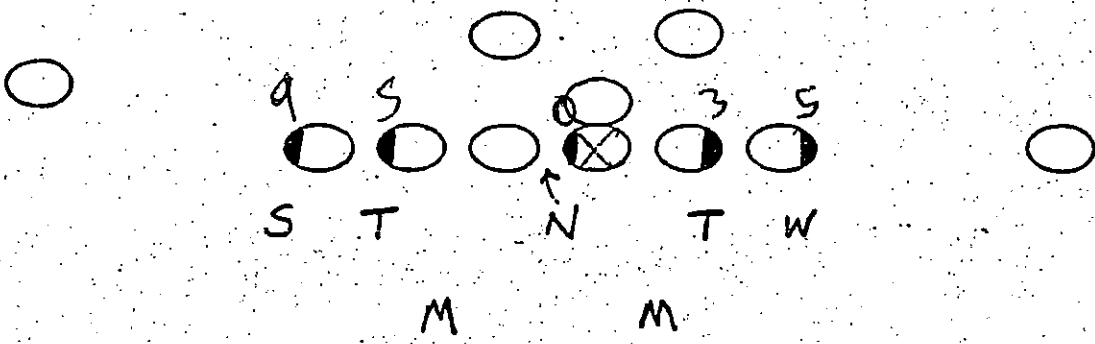
15. TUCSON/SILVER



- A. Balanced six man blitz bring the 5f through "A" gap TE side.
- B. Silver adjustments (See Pittsburgh/Silver).

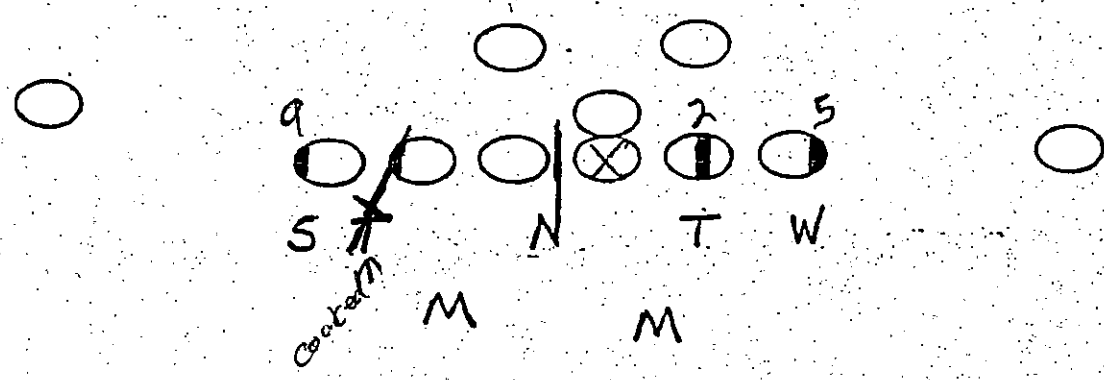


- A. Six man blitz with four weak involving the 5¢ and 10¢.
- B. 1/2's player to SE side will handle all back motion, shifts and 1 back sets. Mike LB has remaining back.



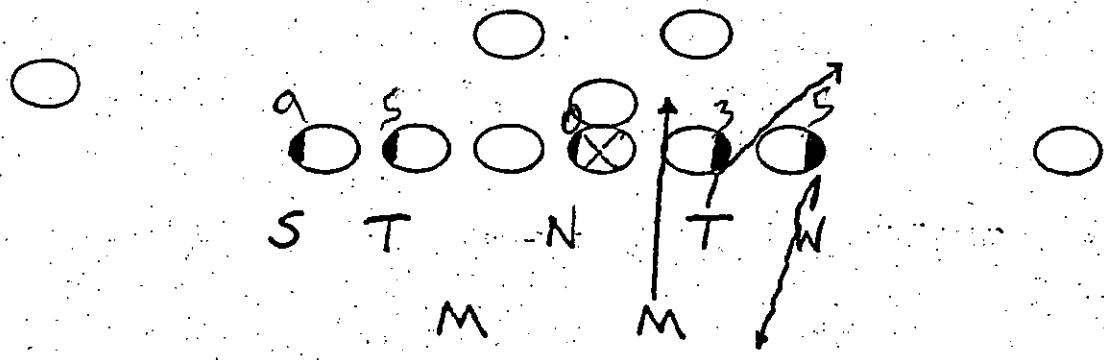
STRONG TACKLE	BRUIN	WEAK TACKLE
<p>S/A: Outside shade of OT</p> <p>KEY: OT</p> <p>RESP: C Gap /Chase away</p> <p>TECH: 5 Tech.</p> <p>COACHING POINTS:</p>	<p>S/A: Shade T.E. side of Center</p> <p>KEY: Ball</p> <p>RESP: A Gap</p> <p>TECH: Gap Tech.</p> <p>COACHING POINTS:</p> <p>Step to TE side hard penetrating A gap.</p>	<p>S/A: Outside shade of O</p> <p>KEY: OG</p> <p>RESP: B Gap</p> <p>TECH: 3 Tech.</p> <p>COACHING POINTS:</p>

STUD	MAC	MIKE	WHIP
<p>S/A: Fill - "9" Force - Loose "9"</p> <p>KEY: TE</p> <p>TO: "O" Gap or</p> <p>RESP: Force depend- ing on Cov.</p> <p>AWAY: Cutback</p> <p>TECH: visual contain Base or Force</p> <p>COACHING POINTS:</p>	<p>Inside foot on outside foot of</p> <p>S/A: Guard 4 yds. deep</p> <p>KEY: Tandem I backs or nearback</p> <p>RESP: B Gap</p> <p>TECH: Base</p> <p>COACHING POINTS:</p> <p>Must maintain outside in leverage</p>	<p>Outside foot in crotch of guard</p> <p>S/A: 4 yds. deep</p> <p>KEY: FB or Near Back</p> <p>RESP: A Gap</p> <p>TECH: Ace</p> <p>COACHING POINTS:</p> <p>Must fill aggressively into L.O.S.</p>	<p>S/A: Loose "5"</p> <p>KEY: Tackle</p> <p>TO: "C" Gap</p> <p>RESP: AWAY: Chase</p> <p>TECH: Base</p> <p>COACHING POINTS:</p>



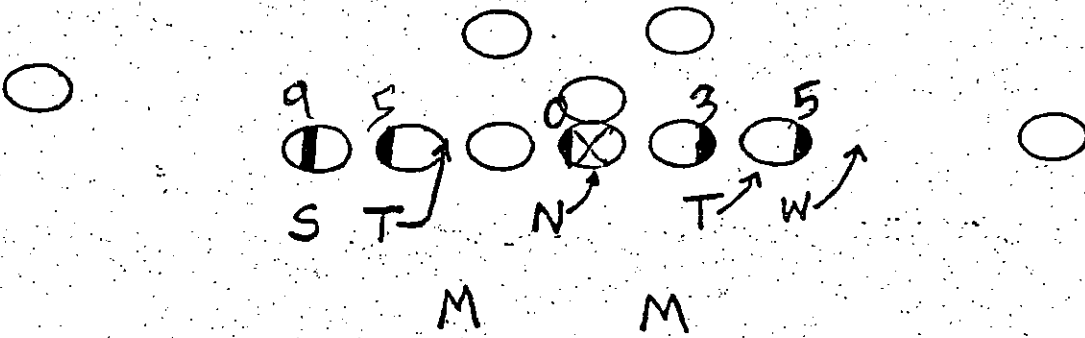
STRONG TACKLE	BRUIN	WEAK TACKLE
<p>S/A: 3 pt. sprinters stance in C Gap cocked - Tight to Ball</p> <p>KEY: Ball</p> <p>RESP: Contain Rush</p> <p>TECH: 5 Reckless</p> <p>COACHING POINTS:</p>	<p>S/A: 3 pt. sprinters stance in A Gap - Tight to Ball</p> <p>KEY: Ball</p> <p>RESP: Inside rush A Gap</p> <p>TECH: 20 Reckless</p> <p>COACHING POINTS:</p>	<p>S/A: 3 pt. sprinters stance in head up on O.G. - Tight to Ball</p> <p>KEY: Ball</p> <p>RESP: Inside pass Rush</p> <p>TECH: 3 Reckless</p> <p>COACHING POINTS:</p>

STUD	MAC	MIKE	WHIP
<p>S/A: SAME</p> <p>KEY:</p> <p>RESP: AS</p> <p>TECH: 20</p> <p>COACHING POINTS:</p>	<p>S/A: Inside foot on outside foot of guard 3 yds deep</p> <p>KEY: Tandem I Backs or Nearback</p> <p>RESP: B Gap</p> <p>TECH: Base</p> <p>COACHING POINTS:</p> <p>Plays away expect Off. Linemen to come free as they are uncovered. Vulnerable to the trap and draw.</p>	<p>S/A: Outside foot in crotch of guard 3 yds deep</p> <p>KEY: FB or Nearback</p> <p>RESP: A Gap</p> <p>TECH: Ace</p> <p>COACHING POINTS:</p> <p>Plays away expect Off. Linemen to come free as they are uncovered. Vulnerable to the trap and draw.</p>	<p>S/A: SAME</p> <p>KEY:</p> <p>RESP: AS</p> <p>TECH: 20</p> <p>COACHING POINTS:</p>



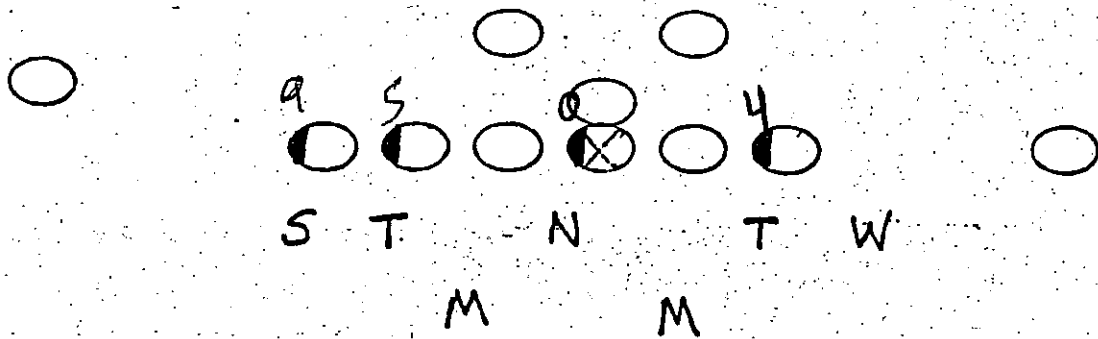
STRONG TACKLE	BRUIN	WEAK TACKLE
<p>S/A: 3 pt. stance outside shade of OT.</p> <p>KEY: O.T.</p> <p>RESP: C Gap/ Chase away</p> <p>TECH: 5</p> <p>COACHING POINTS:</p>	<p>S/A: Shade strong side of center.</p> <p>KEY: Ball - Center</p> <p>RESP: A gap strong</p> <p>TECH: Shade</p> <p>COACHING POINTS: Stay Frontside on Pass.</p>	<p>S/A: 3 pt. stance outside shade.</p> <p>KEY: O.G.</p> <p>RESP: B gap</p> <p>TECH: 3 contain</p> <p>COACHING POINTS: Contain on Pass.</p>

STUD	MAC	MIKE	WHIP
<p>S/A: SAME</p> <p>KEY:</p> <p>RESP: AS</p> <p>TECH: 20</p> <p>COACHING POINTS:</p>	<p>S/A: Inside foot on outside foot of Guard 4 yds deep</p> <p>KEY: Tandem I Backs or Nearback</p> <p>RESP: B Gap</p> <p>TECH: Base</p> <p>COACHING POINTS: Must maintain outside in leverage</p>	<p>S/A: Outside foot in crotch of Guard 4 yds deep .</p> <p>KEY: FB or Nearback</p> <p>RESP: A Gap</p> <p>TECH: Ace</p> <p>COACHING POINTS: Exchange is off vs. I Backs. Know snap count hit A gap on the run</p>	<p>S/A: Loose 5</p> <p>KEY: Tackle</p> <p>RESP: Run: Same as 2 Pass: Exchange F</p> <p>TECH: Base</p> <p>COACHING POINTS: Exchange is off vs. I Backs</p>

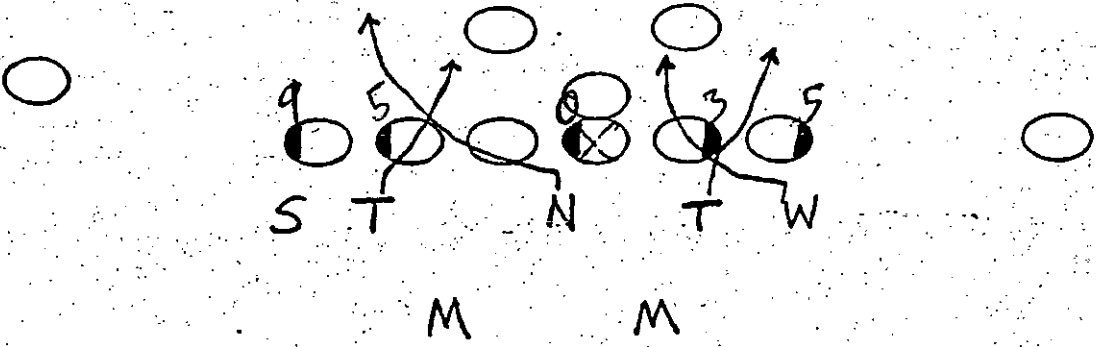


STRONG TACKLE	BRUIN	WEAK TACKLE
<p>S/A: Same as 20 Slightly off Ball</p> <p>KEY: Ball</p> <p>RESP: B Gap</p> <p>TECH: 5 Rock</p> <p>COACHING POINTS:</p>	<p>S/A: Same as 20</p> <p>KEY: Ball</p> <p>RESP: A Gap/Offside A</p> <p>TECH: Rock</p> <p>COACHING POINTS:</p>	<p>S/A: Same as 20 Slightly off Ball</p> <p>KEY: Ball</p> <p>RESP: B Gap to C Gap Contain</p> <p>TECH: 3 Loop</p> <p>COACHING POINTS:</p>

STUD	MAC	MIKE	WHIP
<p>S/A: Tight 9</p> <p>KEY: TE</p> <p>RESP:</p> <p>TECH: Anchor</p> <p>COACHING POINTS:</p> <p>Keep TE off ILB. Wrongam Sec. Blks. if TE blks. dwn.</p>	<p>S/A: Inside foot on Outside foot of Guard 4 yds deep</p> <p>KEY: Tandem I Backs or Nearback</p> <p>RESP: C Gap</p> <p>TECH: Scrape</p> <p>COACHING POINTS:</p> <p>Scrape to outside leg of off. tackle - C gap responsibility fill where needed.</p>	<p>S/A: Outside foot in crotch of Guard 4 yds deep</p> <p>KEY: FB or Nearback</p> <p>RESP: A Gap</p> <p>TECH: Ace</p> <p>COACHING POINTS:</p> <p>Fill L.O.S. aggressively.</p>	<p>S/A: Loose 5</p> <p>KEY: Tackle</p> <p>RESP: C Gap Chase</p> <p>TECH: Loop</p> <p>COACHING POINTS:</p>

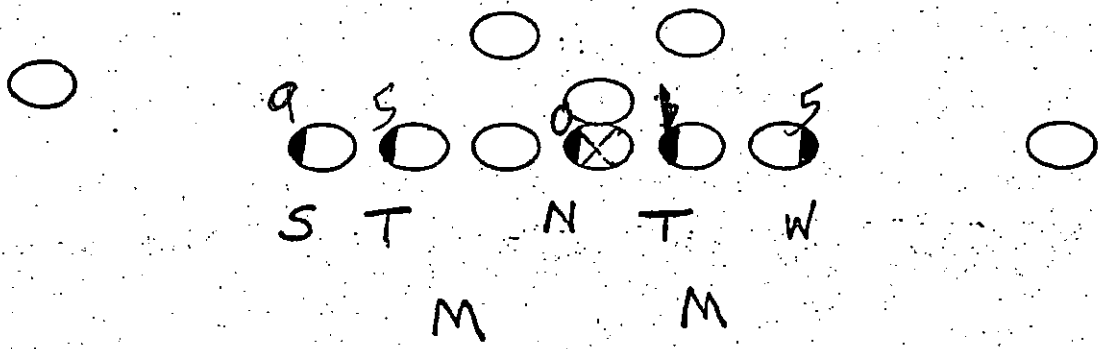


STRONG TACKLE	BRUIN	WEAK TACKLE	
<p>S/A: Same as 20</p> <p>KEY: OT</p> <p>RESP: C gap to chase away</p> <p>TECH: 5 tech.</p> <p>COACHING POINTS:</p>	<p>S/A: Same as 20</p> <p>KEY: Center Ball</p> <p>RESP: A gap</p> <p>TECH: Shade Tech.</p> <p>COACHING POINTS:</p>	<p>S/A: Inside Eye of OT.</p> <p>KEY: OT</p> <p>RESP: B gap</p> <p>TECH: 4 eye</p> <p>COACHING POINTS:</p>	
STUD	MAC	MIKE	WHIP
<p>S/A: BASED</p> <p>KEY:</p> <p>RESP: ON</p> <p>TECH: COVERAGE</p> <p>COACHING POINTS:</p> <p>Can play with Black or Dual Coverage Call.</p>	<p>S/A: Inside foot on outside foot of Guard 4 yds deep</p> <p>KEY: Tandem I Backs or Nearback</p> <p>RESP: B Gap</p> <p>TECH: Base</p> <p>COACHING POINTS:</p> <p>Must maintain outside in leverage</p>	<p>S/A: Outside foot in crotch of Guard 4 yds deep</p> <p>KEY: FB or Nearback</p> <p>RESP: A Gap</p> <p>TECH: Ace</p> <p>COACHING POINTS:</p> <p>Fill L.O.S. Aggressively</p>	<p>S/A: BASED</p> <p>KEY:</p> <p>RESP: ON</p> <p>TECH: COVERAGE</p> <p>COACHING POINTS:</p> <p>Can play with Black or Dual Coverage Call.</p>



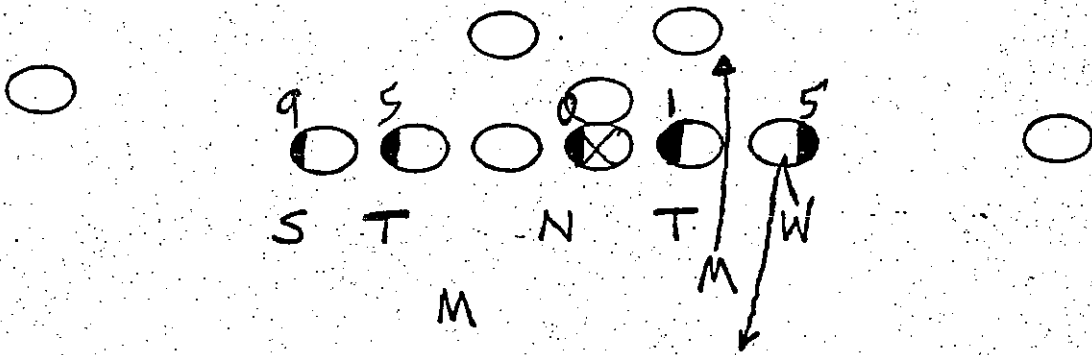
STRONG TACKLE	BRUIN	WEAK TACKLE
<p>S/A: Same as 20</p> <p>KEY: Ball</p> <p>RESP: B gap</p> <p>TECH: Twist</p> <p>COACHING POINTS:</p>	<p>S/A: Same as 20</p> <p>KEY: Ball</p> <p>RESP: C gap</p> <p>TECH: Twist</p> <p>COACHING POINTS:</p>	<p>S/A: Same as 20</p> <p>KEY: Ball</p> <p>RESP: C gap</p> <p>TECH: Bomb</p> <p>COACHING POINTS:</p>

STUD	MAC	MIKE	WHIP
<p>S/A: SAME</p> <p>KEY:</p> <p>RESP: AS</p> <p>TECH: 20</p> <p>COACHING POINTS:</p>	<p>Inside foot on</p> <p>S/A: Outside foot of Guard 4 yds deep</p> <p>KEY: FB or Nearback</p> <p>RESP: A Gap</p> <p>TECH: Ace</p> <p>COACHING POINTS:</p> <p>Fill L.O.S. on Dive inside</p>	<p>Outside foot in</p> <p>S/A: crotch of Guard 4 yds. deep.</p> <p>KEY: FB or Nearback</p> <p>RESP: A Gap</p> <p>TECH: Ace</p> <p>COACHING POINTS:</p> <p>Fill L.O.S. on Dive inside</p>	<p>S/A: Loose 5</p> <p>KEY: Ball</p> <p>RESP: A Gap</p> <p>TECH: Ox</p> <p>COACHING POINTS:</p>



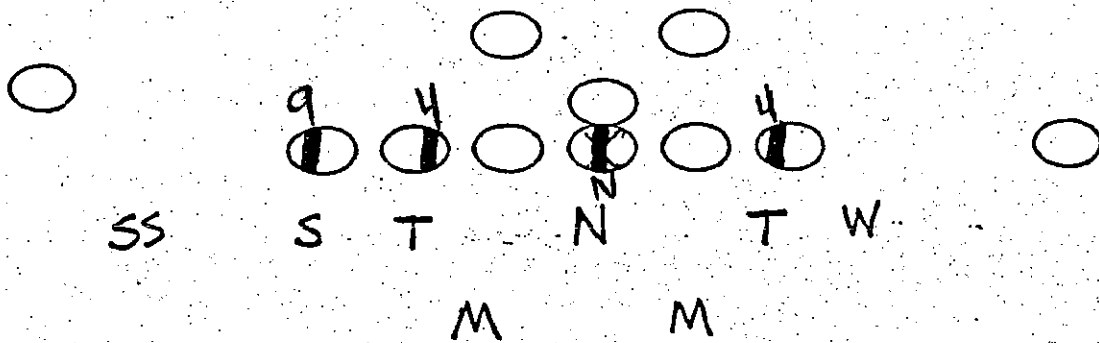
STRONG TACKLE	BRUIN	WEAK TACKLE
<p>S/A: Same as 20</p> <p>KEY: O.T.</p> <p>RESP: Same as 20</p> <p>TECH: Same as 20</p> <p>COACHING POINTS:</p>	<p>S/A: Same as 20</p> <p>KEY: Center - Ball</p> <p>RESP: Same as 20</p> <p>TECH: Same as 20</p> <p>COACHING POINTS:</p>	<p>S/A: Inside shade of offensive guard.</p> <p>KEY: O.G.</p> <p>RESP: A Gap</p> <p>TECH: Tiger</p> <p>COACHING POINTS:</p>

STUD	MAC	MIKE	WHIP
<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: 20</p> <p>TECH: 20</p> <p>COACHING POINTS:</p>	<p>S/A: Inside foot on outside foot of Guard 4 yds deep</p> <p>KEY: Tandem I Backs or Nearback</p> <p>RESP: B Gap</p> <p>TECH: Base</p> <p>COACHING POINTS:</p> <p>Maintain outside in leverage</p>	<p>S/A: Inside foot on outside foot of Guard 4 yds deep</p> <p>KEY: Tandem I Backs or Nearback</p> <p>RESP: B Gap</p> <p>TECH: Base</p> <p>COACHING POINTS:</p> <p>Maintain outside in leverage</p>	<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: 20</p> <p>TECH: Alert for OT releasing on Mike LB</p> <p>COACHING POINTS:</p>



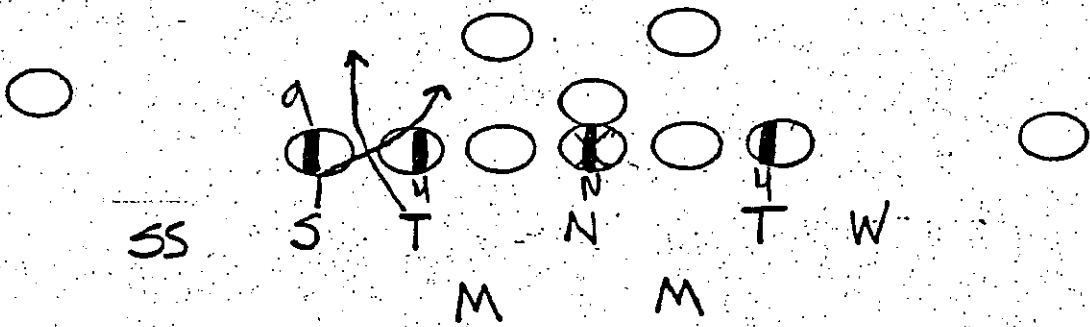
STRONG TACKLE		BRUIN		WEAK TACKLE	
S/A:	SAME	S/A:	SAME	S/A:	Inside shade of OG
KEY:	AS	KEY:	AS	KEY:	Ball
RESP:	20	RESP:	20	RESP:	A Gap
TECH:		TECH:		TECH:	Tiger
COACHING POINTS:		COACHING POINTS:		COACHING POINTS:	Come through inside shoulder of O.G.

STUD	MAC	MIKE	WHIP
S/A:	Inside foot on S/A: Outside foot of Guard 4 yds deep	S/A: Inside foot on outside foot of Guard 4 yds deep	S/A: Loose 5
KEY:	KEY: Tandem I Backs or Nearback	KEY: Tandem I Backs or Nearback	KEY: Tackle
RESP:	RESP: B Gap	RESP: B Gap	RESP: Run: C Gap Pass: Exchange Rules/Rear
TECH:	TECH: Base	TECH: Base	TECH: Base
COACHING POINTS:	COACHING POINTS: Maintain outside in leverage.	COACHING POINTS: Exchange is off vs. I Backs Know snap count and hit B gap on run	COACHING POINTS: Exchange is off vs. I Backs



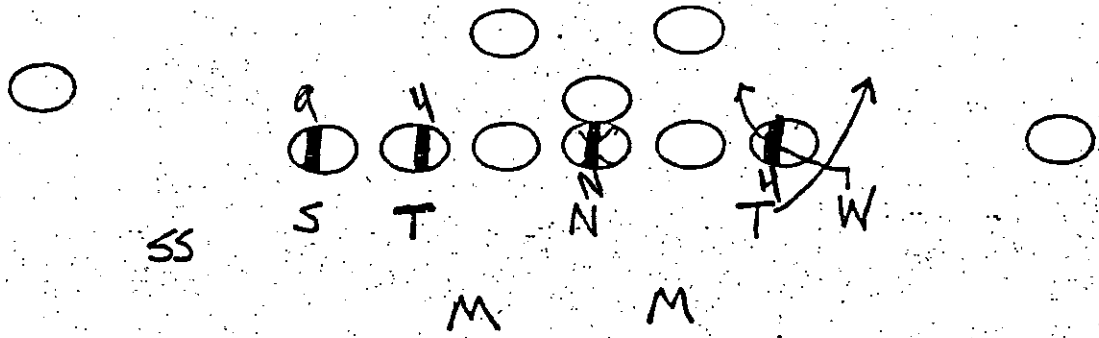
STRONG TACKLE	BRUIN	WEAK TACKLE
S/A: Inside eye of OT	S/A: Head up on Center	S/A: Inside eye of OT
KEY: OT	KEY: Center - Ball	KEY: OT
RESP: B Gap	RESP: Backside A	RESP: B Gap
TECH: 4 eye	TECH: Base	TECH: 4 eye
COACHING POINTS:	COACHING POINTS:	COACHING POINTS:

STUD	MAC	MIKE	WHIP
S/A: Tight 9	S/A: Inside eye to out-side eye of guard 4 yds deep	S/A: Inside eye to out-side eye of guard 4 yds deep	S/A: Pressed
KEY: TE	KEY: FB or Nearback	KEY: FB or Nearback	KEY: Nearback
RESP: To "O" Gap	RESP: C - O	RESP: C - O	RESP: TO: O Gap to Pitch AWAY: Outback
TECH: Anchor	TECH: Scrape/Fast Flow	TECH: Scrape/Fast Flow	TECH: Base to Thunde
COACHING POINTS: If TE blks, down, wrongarm secondary blockers - force ball to bounce.	COACHING POINTS: Action your way Scrape to C Gap, A frontside away	COACHING POINTS: Action your way Scrape to C Gap, A frontside away	COACHING POINTS: Alignment should look the same as Weak Crash



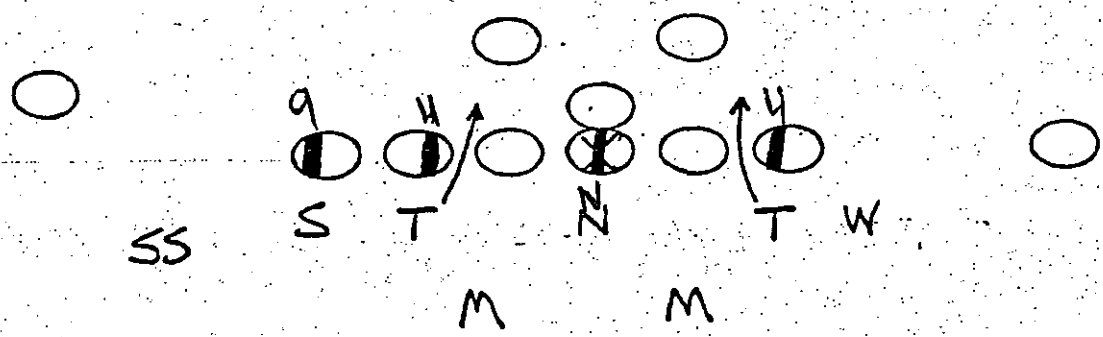
STRONG TACKLE	BRUIN	WEAK TACKLE
<p>S/A: Inside shade of O.T.</p> <p>KEY: Ball</p> <p>RESP: C Gap</p> <p>TECH: 4 eye Loop</p> <p>COACHING POINTS:</p> <p>On snap loop through C Gap - stud will come behind</p>	<p>S/A: Head up on center</p> <p>KEY: Center - Ball</p> <p>RESP: Backside A</p> <p>TECH: Base</p> <p>COACHING POINTS:</p>	<p>S/A: Inside shade of O.T</p> <p>KEY: O.T.</p> <p>RESP: B Gap</p> <p>TECH: 4 eye</p> <p>COACHING POINTS:</p> <p>Contain on Pass.</p>

STUD	MAC	MIKE	WHIP
<p>S/A: Tight 9</p> <p>KEY: Ball</p> <p>RESP: B Gap</p> <p>TECH: Ox</p> <p>COACHING POINTS:</p>	<p>S/A: Inside eye to outside eye of Guard 4 yds deep</p> <p>KEY: FB or Nearback</p> <p>RESP: C - O</p> <p>TECH: Scrape/Fast Flow</p> <p>COACHING POINTS:</p> <p>Stunt run your side be ready to fall inside if ball pops.</p>	<p>S/A: Inside eye to outside eye of Guard 4 yds deep</p> <p>KEY: FB or Nearback</p> <p>RESP: C - O</p> <p>TECH: Scrape/Fast Flow</p> <p>COACHING POINTS:</p> <p>Action to scrape to C gap, action away A away.</p>	<p>S/A: SAME</p> <p>KEY:</p> <p>RESP: AS</p> <p>TECH: 30</p> <p>COACHING POINTS:</p>



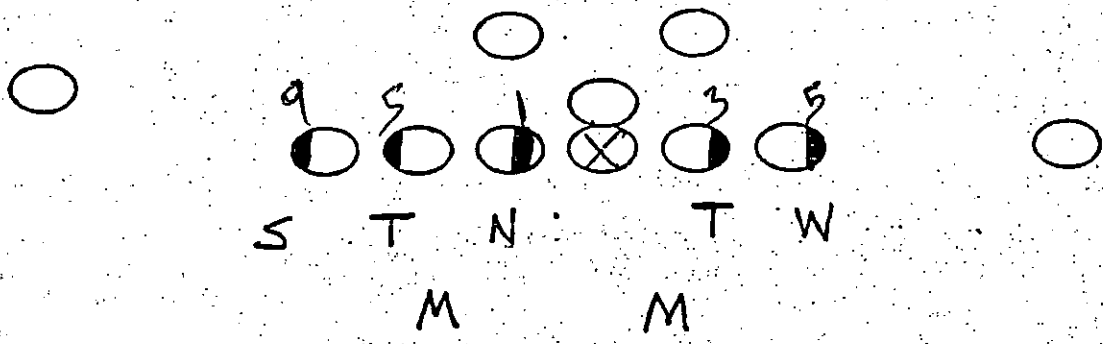
STRONG TACKLE	BRUIN	WEAK TACKLE
<p>S/A: Inside shade of O.T.</p> <p>KEY: O.T.</p> <p>RESP: B Gap</p> <p>TECH: 4 eye</p> <p>COACHING POINTS: Contain on Pass.</p>	<p>S/A: Head up on Center.</p> <p>KEY: Center - Ball</p> <p>RESP: Backside A</p> <p>TECH: Base</p> <p>COACHING POINTS:</p>	<p>S/A: Inside shade of O.T.</p> <p>KEY: Ball</p> <p>RESP: C Gap</p> <p>TECH: 4 eye Loop</p> <p>COACHING POINTS: On Snap Loop through C Gap - whip will c behind.</p>

STUD	MAC	MIKE	WHIP
<p>S/A: SAME</p> <p>KEY:</p> <p>RESP: AS</p> <p>TECH: 30</p> <p>COACHING POINTS:</p>	<p>S/A: Inside eye to outside eye of Guard 4 yds deep</p> <p>KEY: FB or Nearback</p> <p>RESP: C - O</p> <p>TECH: Scrape/Fast Flow</p> <p>COACHING POINTS: Action to scrape to C gap, action away A away</p>	<p>S/A: Inside eye to outside eye of Guard 4 yds deep</p> <p>KEY: FB or Nearback</p> <p>RESP: C - O</p> <p>TECH: Scrape/Fast Flow</p> <p>COACHING POINTS: Stunt Rm your side be ready to fall inside if ball pops</p>	<p>S/A: Pressed</p> <p>KEY: Ball</p> <p>RESP: B Gap</p> <p>TECH: Ox</p> <p>COACHING POINTS:</p>



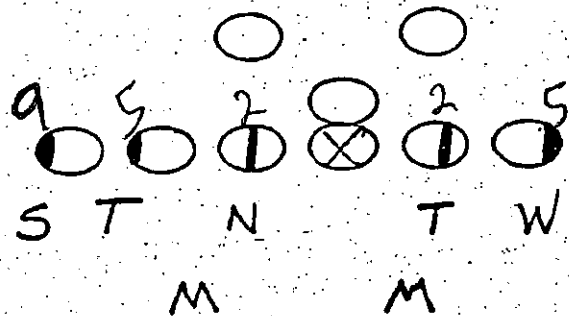
STRONG TACKLE	BRUIN	WEAK TACKLE
<p>S/A: Inside eye of O.T. Tight to ball</p> <p>KEY: Ball</p> <p>RESP: B Gap</p> <p>TECH: Stick</p> <p>COACHING POINTS: Penetrate hard and inside on snap.</p>	<p>S/A: Head up on center</p> <p>KEY: Ball - center</p> <p>RESP: Backside A</p> <p>TECH: Base</p> <p>COACHING POINTS:</p>	<p>S/A: Inside eye of O.T. Tight to ball</p> <p>KEY: Ball</p> <p>RESP: B Gap</p> <p>TECH: Stick</p> <p>COACHING POINTS: Penetrate hard and inside on snap.</p>

STUD	MAC	MIKE	WHIP
<p>S/A: SAME</p> <p>KEY:</p> <p>RESP: AS</p> <p>TECH: 30</p> <p>COACHING POINTS:</p>	<p>S/A: Inside eye to outside eye of Guard 4 yds deep</p> <p>KEY: FB or Nearback</p> <p>RESP: C - O</p> <p>TECH: Scrape/Fast Flow</p> <p>COACHING POINTS: Action to Scrape to C, Action away A away</p>	<p>S/A: Inside eye to outside eye of Guard 4 yds deep</p> <p>KEY: FB or Nearback</p> <p>RESP: C - O</p> <p>TECH: Scrape/Fast Flow</p> <p>COACHING POINTS: Action to Scrape to C, Action away A away</p>	<p>S/A: SAME</p> <p>KEY:</p> <p>RESP: AS</p> <p>TECH: 30</p> <p>COACHING POINTS:</p>



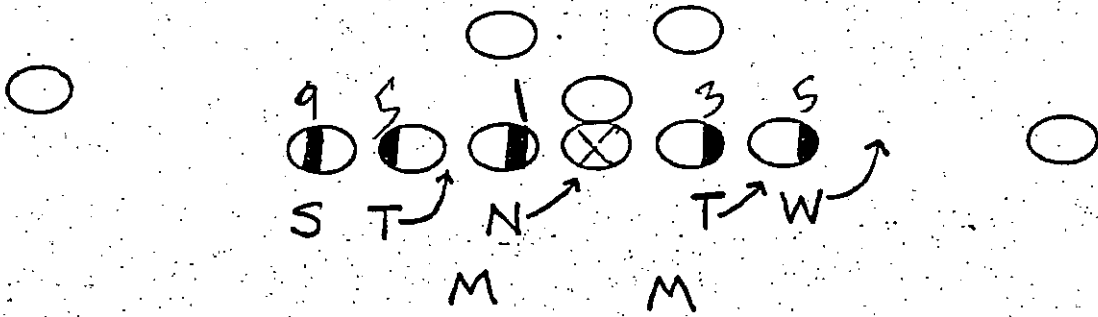
STRONG TACKLE	BRUIN	WEAK TACKLE
<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: 20</p> <p>TECH: 20</p> <p>COACHING POINTS:</p>	<p>S/A: Inside eye of strong OG</p> <p>KEY: OG</p> <p>RESP: A Gap</p> <p>TECH: 40</p> <p>COACHING POINTS:</p>	<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: 20</p> <p>TECH: 20</p> <p>COACHING POINTS:</p>

STUD	MAC	MIKE	WHIP
<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: 20</p> <p>TECH: 20</p> <p>COACHING POINTS:</p>	<p>S/A: Inside foot on outside foot of guard 4 yds deep</p> <p>KEY: Tandem I Backs or Nearback</p> <p>RESP: B Gap</p> <p>TECH: Base</p> <p>COACHING POINTS:</p> <p>Must maintain outside in leverage. Don't fill B Gap unless threatened.</p>	<p>S/A: Inside foot in crotch of guard 4 yds deep</p> <p>KEY: FB or Nearback</p> <p>RESP: A Gap</p> <p>TECH: Ace</p> <p>COACHING POINTS:</p> <p>Must nose up Center, help on ISO front-side.</p>	<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: 20</p> <p>TECH: 20</p> <p>COACHING POINTS:</p>



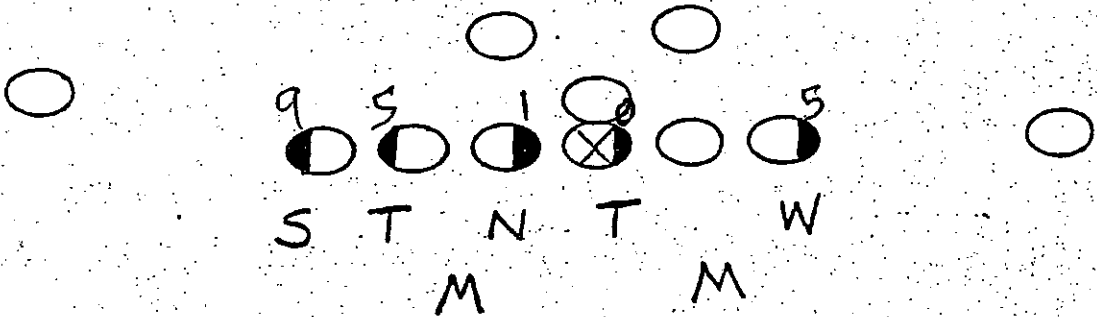
STRONG TACKLE	BRUIN	WEAK TACKLE
<p>S/A: 3 pt. sprinter stance Tight to Ball in C Gap</p> <p>KEY: Ball</p> <p>RESP: C Gap/chase away</p> <p>TECH: 5 Reckless</p> <p>COACHING POINTS: Contain Rush</p>	<p>3 pt. sprinter stance</p> <p>S/A: Tight to ball - head up on O.G.</p> <p>KEY: Ball</p> <p>RESP: A or B Gap</p> <p>TECH: 40 Reckless</p> <p>COACHING POINTS: 2 way go</p>	<p>3 pt. sprinter stan</p> <p>S/A: Tight to ball - hea up on O.G.</p> <p>KEY: Ball</p> <p>RESP: A or B Gap</p> <p>TECH: 3 Reckless</p> <p>COACHING POINTS: 2 way go</p>

STUD	MAC	MIKE	WHIP
<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: AS</p> <p>TECH: 20</p> <p>COACHING POINTS:</p>	<p>Inside foot on outside foot of Guard 3 yds deep</p> <p>S/A: outside foot of Guard 3 yds deep</p> <p>KEY: Tandem I Backs or Nearback</p> <p>RESP: B Gap</p> <p>TECH: Base</p> <p>COACHING POINTS: Expect trap or draw. Linemen will be un- covered.</p>	<p>Outside foot in crotch of Guard 3 yds deep..</p> <p>S/A: crotch of Guard 3 yds deep..</p> <p>KEY: FB or Nearback</p> <p>RESP: A Gap</p> <p>TECH: Ace</p> <p>COACHING POINTS: Expect trap or draw. Linemen will be un- covered.</p>	<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: AS</p> <p>TECH: 20</p> <p>COACHING POINTS:</p>



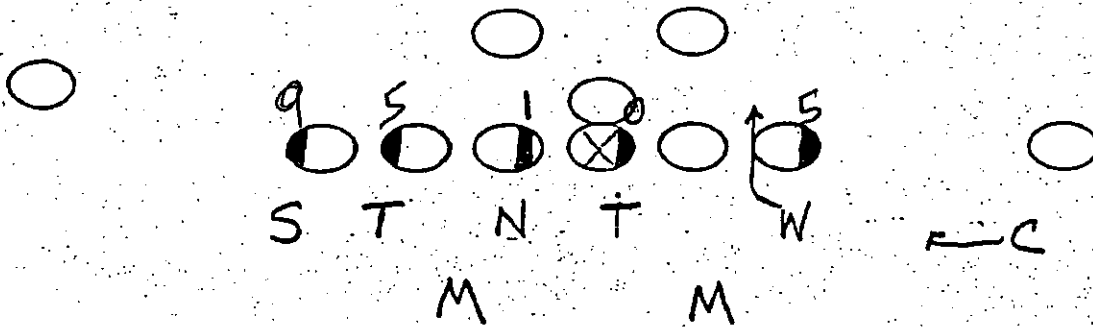
STRONG TACKLE	BRUIN	WEAK TACKLE
<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: 20 ROCK</p> <p>TECH: 20 ROCK</p> <p>COACHING POINTS:</p>	<p>S/A: Inside shade of O.G. Slightly off Ball</p> <p>KEY: Ball</p> <p>RESP: A gap to opposite A gap</p> <p>TECH: 40 Rock</p> <p>COACHING POINTS: Cross Center's face on Block Back</p>	<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: 20 ROCK</p> <p>TECH: 20 ROCK</p> <p>COACHING POINTS:</p>

STUD	MAC	MIKE	WHIP
<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: 20 ROCK</p> <p>TECH: 20 ROCK</p> <p>COACHING POINTS:</p>	<p>S/A: Inside foot on outside foot of Guard 4 yds deep</p> <p>KEY: Tandem I backs or Nearback</p> <p>RESP: C Gap</p> <p>TECH: Scrape</p> <p>COACHING POINTS: Scrape to outside leg of Off. Tackle- C Gap responsibility, fill where needed.</p>	<p>S/A: Outside foot in crotch of Guard 4 yds deep</p> <p>KEY: FB or Nearback</p> <p>RESP: A Gap</p> <p>TECH: Ace</p> <p>COACHING POINTS: Fill L.O.S. Aggressively</p>	<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: 20 ROCK</p> <p>TECH: 20 ROCK</p> <p>COACHING POINTS:</p>



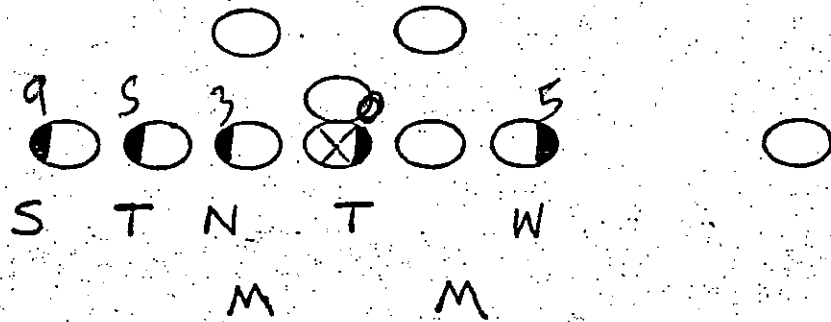
STRONG TACKLE	BRUIN	WEAK TACKLE
S/A: SAME KEY: AS RESP: TECH: 20 COACHING POINTS:	S/A: SAME KEY: AS RESP: TECH: 40 COACHING POINTS:	3 pt. stance shading S/A: weak side of center, Tight to Ball. KEY: Ball RESP: A Gap TECH: collision COACHING POINTS:

STUD	MAC	MIKE	WHIP
S/A: SAME KEY: AS RESP: TECH: 20 COACHING POINTS:	S/A: Inside foot on outside foot of Guard 4 yds deep KEY: Tandem I Backs or Nearback RESP: B Gap TECH: Base COACHING POINTS: Maintain outside in leverage	S/A: Inside foot on outside foot of Guard 4 yds deep KEY: Tandem I Backs or Nearback RESP: Gap Gap TECH: Base COACHING POINTS: Maintain outside in leverage	S/A: SAME KEY: AS RESP: TECH: 20 COACHING POINTS: Keep OT from clean release on Mike LB



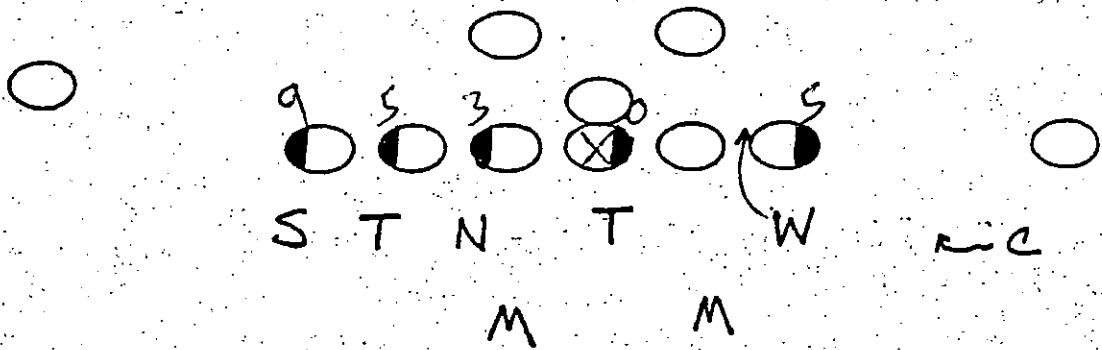
STRONG TACKLE	BRUIN	WEAK TACKLE
S/A: SAME	S/A: SAME	S/A: SAME
KEY: AS	KEY: AS	KEY: AS
RESP: 20	RESP: 40	RESP: 42
TECH:	TECH:	TECH:
COACHING POINTS:	COACHING POINTS:	COACHING POINTS:

STUD	MAC	MIKE	WHIP
S/A: SAME	S/A: Inside foot on outside foot of Guard 4 yds deep	S/A: Inside foot on outside foot of Guard 4 yds deep	S/A: Loose 5
KEY: AS	KEY: Tandem I Backs or Nearback	KEY: Tandem I Backs or Nearback	KEY: Ball
RESP: 20	RESP: B Gap	RESP: C Gap	RESP: B Gap
TECH:	TECH: Base	TECH: Scrape	TECH: Slip
COACHING POINTS:	COACHING POINTS: Maintain outside in leverage	COACHING POINTS: Scrape to outside leg of tackle, be ready to fill inside if ball pops.	COACHING POINTS:



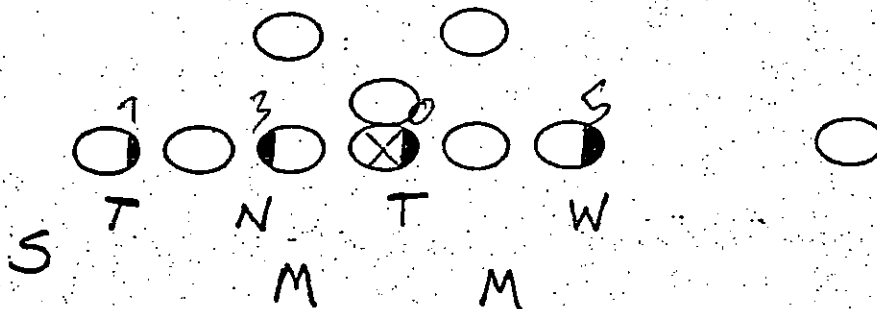
STRONG TACKLE	BRUIN	WEAK TACKLE
<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: 20</p> <p>TECH: 20</p> <p>COACHING POINTS:</p>	<p>S/A: Outside shade of strong OG tight to Ball</p> <p>KEY: OG</p> <p>RESP: B Gap</p> <p>TECH: 3 technique</p> <p>COACHING POINTS:</p>	<p>S/A: 3 pt. weak shade on Center - tight to ball</p> <p>KEY: Ball</p> <p>RESP: A Gap</p> <p>TECH: Collision</p> <p>COACHING POINTS:</p>

STUD	MAC	MIKE	WHIP
<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: 20</p> <p>TECH: 20</p> <p>COACHING POINTS:</p>	<p>S/A: Outside foot in crotch of guard 4 yds deep</p> <p>KEY: FB or Nearback</p> <p>RESP: A Gap</p> <p>TECH: Ace</p> <p>COACHING POINTS:</p> <p>Must fill aggressively into L.O.S.</p>	<p>S/A: Inside foot on outside foot of guard 4 yds deep</p> <p>KEY: Tandem I Backs or Nearback</p> <p>RESP: B Gap</p> <p>TECH: Base</p> <p>COACHING POINTS:</p> <p>Maintain outside in leverage</p>	<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: 20</p> <p>TECH: 20</p> <p>COACHING POINTS:</p> <p>Prevent OT from getting clean release on ILB.</p>



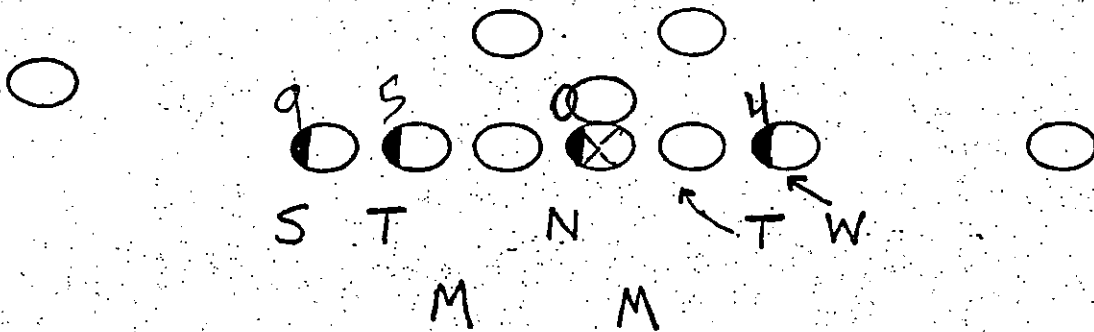
STRONG TACKLE	BRUIN	WEAK TACKLE
S/A: SAME	S/A: SAME	S/A: 3 pt. weak shade of Center, tight to ba
KEY: AS	KEY: AS	KEY: Ball
RESP: 20	RESP: 43	RESP: A Gap
TECH: 20	TECH: 43	TECH: Collision
COACHING POINTS:	COACHING POINTS:	COACHING POINTS:

STUD	MAC	MIKE	WHIP
S/A: SAME	S/A: Inside foot in crotch of guard 4 yds deep	S/A: Inside foot on outside foot of guard 4 yds deep	S/A: Loose 5
KEY: AS	KEY: FB or Nearback	KEY: Tandem I Backs or Nearback	KEY: Ball
RESP: 20	RESP: A Gap	RESP: C Gap	RESP: TO: B Gap AWAY: Chase
TECH: 20	TECH: Ace	TECH: Scrape	TECH: Slip
COACHING POINTS:	COACHING POINTS: Same as 43	COACHING POINTS: Replace tackle in C-Gap on slip move	COACHING POINTS: Inside jab - step c snap. B Gap contr on Base and Reach Block. Constr c Block with B G. ye



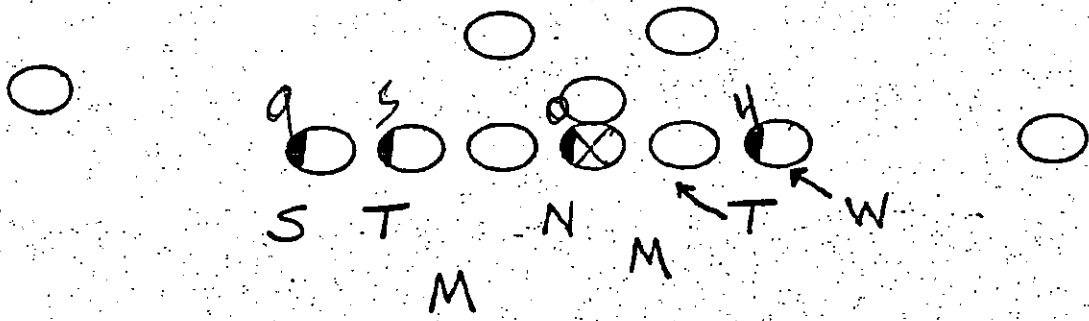
STRONG TACKLE	BRUIN	WEAK TACKLE
<p>S/A: Inside shade of T.E. slightly cocked inside</p> <p>KEY: O.T.</p> <p>RESP: C Gap/chase away</p> <p>TECH: 5 wide</p> <p>COACHING POINTS:</p>	<p>S/A: Outside shade of O.G.</p> <p>KEY: O.G.</p> <p>RESP: B gap</p> <p>TECH: 3 tech.</p> <p>COACHING POINTS:</p>	<p>S/A: 3 pt. stance shading weak side of center tight to ball.</p> <p>KEY: Ball</p> <p>RESP: A Gap</p> <p>TECH: Collision</p> <p>COACHING POINTS:</p>

STUD	MAC	MIKE	WHIP
<p>S/A: 8 or Sink</p> <p>KEY: TE</p> <p>RESP: TO: Force AWAY: Collapse</p> <p>TECH: Thunder</p> <p>COACHING POINTS:</p>	<p>S/A: Outside foot in crotch of Guard 4 yds deep</p> <p>KEY: FB or Nearback</p> <p>RESP: A Gap</p> <p>TECH: Ace</p> <p>COACHING POINTS:</p> <p>Must fill aggressively into L.O.S.</p>	<p>S/A: Inside foot on outside foot of Guard 4 yds deep</p> <p>KEY: Tandem I Backs or Nearback</p> <p>RESP: B Gap</p> <p>TECH: Base</p> <p>COACHING POINTS:</p> <p>Maintain outside in leverage.</p>	<p>S/A: SAME</p> <p>KEY:</p> <p>RESP: AS</p> <p>TECH: 43</p> <p>COACHING POINTS:</p>



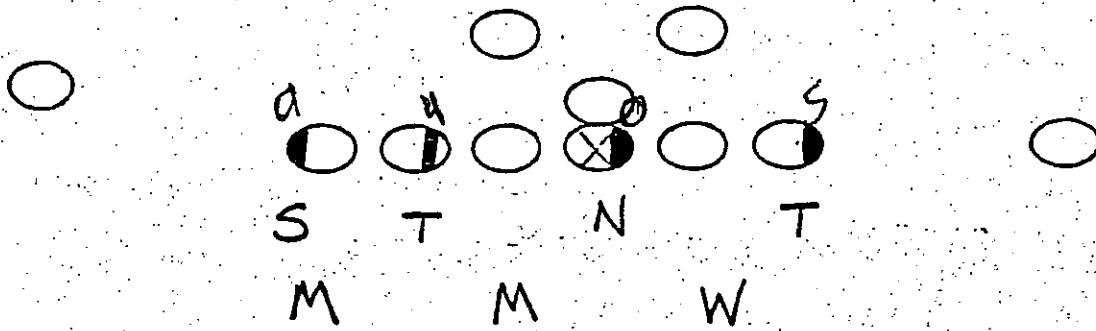
STRONG TACKLE	BRUIN	WEAK TACKLE
<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: 20</p> <p>TECH: 20</p> <p>COACHING POINTS:</p>	<p>S/A: Strong side shade of Center</p> <p>KEY: Ball - center</p> <p>RESP: A Gap</p> <p>TECH: Shade</p> <p>COACHING POINTS:</p>	<p>S/A: Inside eye of OT 2 ft. off ball.</p> <p>KEY: Ball</p> <p>RESP: B Gap to A Gap</p> <p>TECH: Crash</p> <p>COACHING POINTS:</p>

STUD	MAC	MIKE	WHIP
<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: REDUCED</p> <p>TECH: FRONTS (20's - 40's)</p> <p>COACHING POINTS:</p>	<p>S/A: Inside foot on outside foot of Guard 4 yds deep</p> <p>KEY: Tandem I Backs or Nearback</p> <p>RESP: B Gap</p> <p>TECH: Base</p> <p>COACHING POINTS: Same as 20</p>	<p>S/A: Outside foot in crotch of Guard 4 yds deep</p> <p>KEY: FB or Nearback</p> <p>RESP: A-O</p> <p>TECH: Scrape/Slow Flow</p> <p>COACHING POINTS: Action your way scrape C-O. Contain QB.</p>	<p>S/A: Pressed</p> <p>KEY: Ball</p> <p>RESP: TO: "C" Gap AWAY: Chase</p> <p>TECH: Crash</p> <p>COACHING POINTS: Follow Jam rules vs. secondary blockers</p>



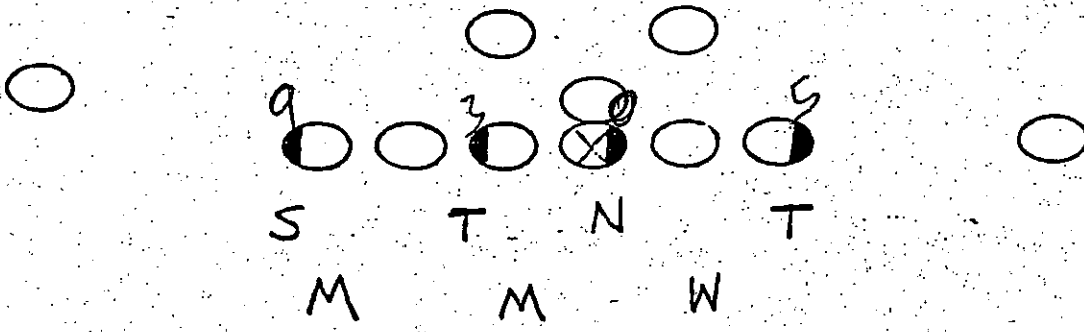
STRONG TACKLE	BRUIN	WEAK TACKLE
<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: 20</p> <p>TECH: 20</p> <p>COACHING POINTS:</p>	<p>S/A: Strong side shade of center</p> <p>KEY: Center to Ball</p> <p>RESP: A Gap</p> <p>TECH: Shade</p> <p>COACHING POINTS:</p>	<p>S/A: 3 pt. stance inside eye of O.T. 2 ft. off ball</p> <p>KEY: Ball</p> <p>RESP: B Gap to A Gap</p> <p>TECH: Crash</p> <p>COACHING POINTS:</p> <p>Cross guard's face if he blocks back. Never be cut off.</p>

STUD	MAC	MIKE	WHIP
<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: 20</p> <p>TECH: 20</p> <p>COACHING POINTS:</p>	<p>S/A: Inside foot on outside foot of Guard 4 yds deep</p> <p>KEY: Tandem I Backs or Nearback</p> <p>RESP: B Gap</p> <p>TECH: Base</p> <p>COACHING POINTS:</p> <p>Maintain outside in leverage.</p>	<p>S/A: Outside foot in crotch of Guard 2½ yds deep.</p> <p>KEY: FB or Nearback</p> <p>RESP: A-O</p> <p>TECH: Scrape/Slow Flow</p> <p>COACHING POINTS:</p> <p>Action your way scrape C-O. Contain WB. Tight align will help on off. Guard.</p>	<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: WEAK</p> <p>TECH: CRASH</p> <p>COACHING POINTS:</p>



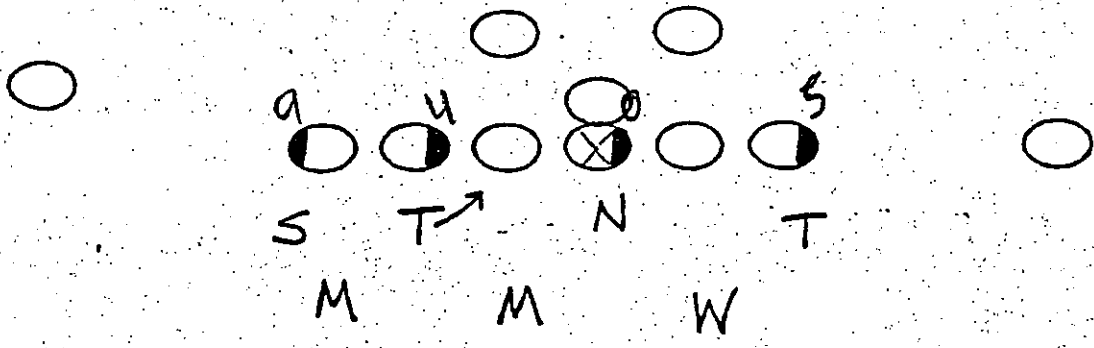
STRONG TACKLE	BRUIN	WEAK TACKLE
<p>S/A: Inside eye of O.T.</p> <p>KEY: O.T.</p> <p>RESP: B Gap</p> <p>TECH: 4 eye</p> <p>COACHING POINTS:</p>	<p>S/A: Shade weak side of center.</p> <p>KEY: Center - Ball</p> <p>RESP: A Gap</p> <p>TECH: Shade</p> <p>COACHING POINTS:</p>	<p>S/A: Outside shade of O.</p> <p>KEY: OT</p> <p>RESP: C Gap to Chase</p> <p>TECH: 5 Tech.</p> <p>COACHING POINTS:</p>

STUD	MAC	MIKE	WHIP
<p>S/A: Loose "9"</p> <p>KEY:</p> <p>RESP:</p> <p>TECH:</p> <p>COACHING POINTS:</p> <p>Wrongam Secondary Blockers and force ball to bounce if TE blocks inside.</p>	<p>S/A: Outside foot in crotch of TE 5 yds deep</p> <p>KEY: FB or Nearback to TE</p> <p>RESP: C Gap</p> <p>TECH: Cross</p> <p>COACHING POINTS:</p> <p>You are a Fill where needed player from A to C</p>	<p>S/A: Outside foot in crotch of Guard 4 yds deep.</p> <p>KEY: FB or Nearback</p> <p>RESP: A Gap</p> <p>TECH: Ace</p> <p>COACHING POINTS:</p> <p>Must fill L.O.S. aggressively on plays to.</p>	<p>S/A: 1/4 Eagle Outside foot splitting s of Def. tackle deep</p> <p>KEY: Nearback</p> <p>RESP: TO: "B" Gap t alley</p> <p>TECH: AWAY: Cutback Read</p> <p>COACHING POINTS:</p> <p>On Flow to Fill "B" only if you see the ball handed off or both backs are tt into the hole.</p>



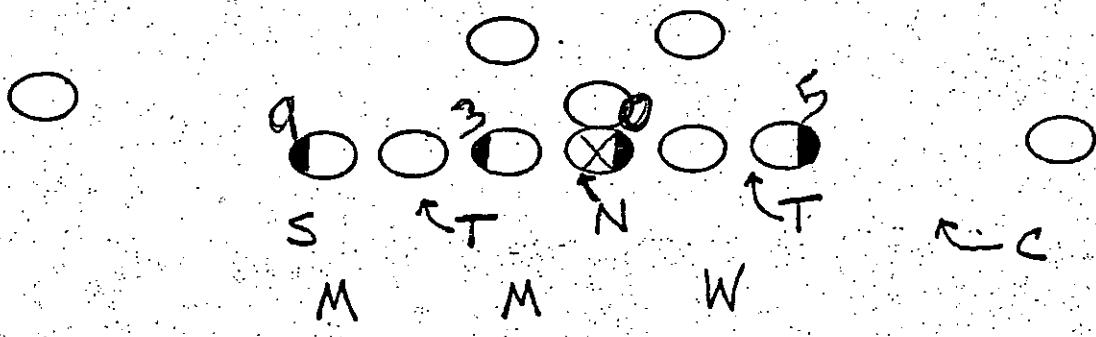
STRONG TACKLE	BRUIN	WEAK TACKLE
S/A: Outside shade of OG	S/A: SAME	S/A: SAME
KEY: OG	KEY: AS	KEY: AS
RESP: B Gap	RESP: 53	RESP: 53
TECH: 3 Tech.	TECH: 53	TECH: 53
COACHING POINTS:	COACHING POINTS:	COACHING POINTS:

STUD	MAC	MIKE	WHIP
S/A: SAME	S/A: Outside foot in crotch of TE 5 yds deep	S/A: Outside foot in crotch of Guard 4 yds deep	S/A: SAME
KEY: AS	KEY: FB or Nearback	KEY: FB or Nearback	KEY: AS
RESP: 53	RESP: C Gap	RESP: A Gap	RESP: AS
TECH: 53	TECH: Cross	TECH: Ace	TECH: 53
COACHING POINTS:	COACHING POINTS: Same as 53	COACHING POINTS: Must fill L.O.S. aggressively on plays to.	COACHING POINTS:



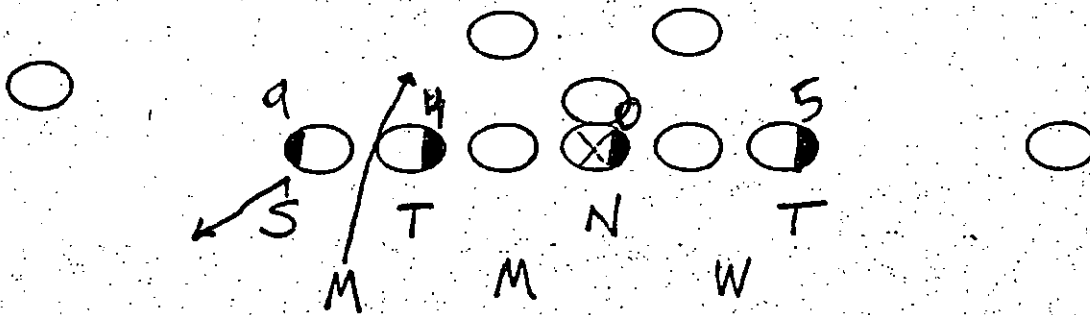
STRONG TACKLE	BRUIN	WEAK TACKLE
<p>S/A: 3 pt. stance inside eye of O.T. 2 ft. off Ball.</p> <p>KEY: Ball</p> <p>RESP: B Gap to A Gap</p> <p>TECH: Crash</p> <p>COACHING POINTS:</p>	<p>S/A: Weak side shade of center.</p> <p>KEY: Ball to center</p> <p>RESP: A Gap</p> <p>TECH: Shade</p> <p>COACHING POINTS:</p>	<p>S/A: Outside shade of O.</p> <p>KEY: O.T.</p> <p>RESP: C Gap/Chase away</p> <p>TECH: 5</p> <p>COACHING POINTS:</p>

STUD	MAC	MIKE	WHIP
<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: AS</p> <p>TECH: 53</p> <p>COACHING POINTS:</p>	<p>S/A: Outside foot in crotch of TE 5 yds deep</p> <p>KEY: FB or Nearback to TE</p> <p>RESP: C Gap</p> <p>TECH: Cross</p> <p>COACHING POINTS:</p> <p>You are a fill where needed player from -- A to C</p>	<p>S/A: Outside foot in crotch of Guard 4 yds deep</p> <p>KEY: Tandem I Backs or Nearback</p> <p>RESP: B Gap</p> <p>TECH: Base</p> <p>COACHING POINTS:</p> <p>Be ready to fill aggressively in B Gap.</p>	<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: AS</p> <p>TECH: 53</p> <p>COACHING POINTS:</p>



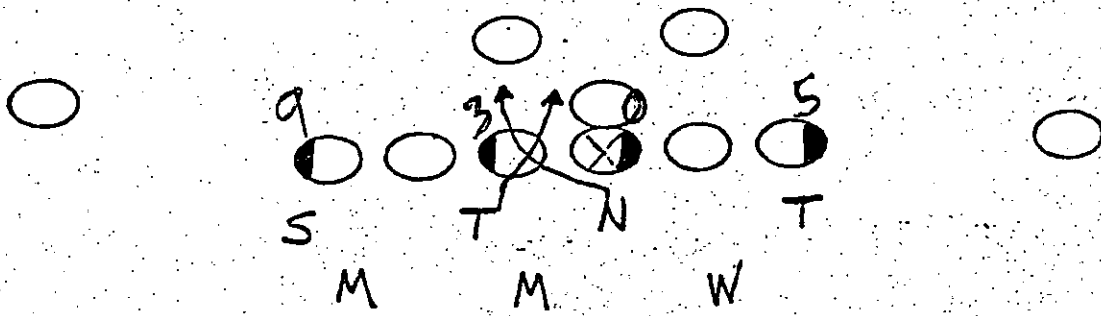
STRONG TACKLE		BRUIN		WEAK TACKLE	
S/A:	Outside shade of O.G. slightly off Ball	S/A:	Weakside shade of center	S/A:	Outside shade of O.G. slightly off Ball.
KEY:	Ball	KEY:	Ball	KEY:	Ball
RESP:	B Gap to C Gap	RESP:	A Gap/Offside A	RESP:	B Gap
TECH:	3 Rock	TECH:	Rock	TECH:	5 Rock
COACHING POINTS:		COACHING POINTS:		COACHING POINTS:	

STUD	MAC	MIKE	WHIP
S/A:	S/A: Outside foot in crotch of TE 5 yds deep	S/A: Outside foot in crotch of Guard 4 yds deep	S/A: Stack
KEY:	KEY: FB or Nearback	KEY: FB or Nearback	KEY: Tandem/Nearback
RESP:	RESP: C Gap	RESP: A Gap	RESP: TO: C Gap AWAY: Collapse
TECH:	TECH: Cross	TECH: Ace	TECH: Read/Shuffle
COACHING POINTS:	COACHING POINTS: Same as 53	COACHING POINTS: Be ready to fast Low Weak and Slow Flow Strong	COACHING POINTS: Do not shuffle to C Gap unless you get run Flow to you.



STRONG TACKLE	BRUIN	WEAK TACKLE
S/A: SAME	S/A: SAME	S/A: SAME
KEY: AS	KEY: AS	KEY: AS
RESP: 53	RESP: 53	RESP: 53
TECH: 53	TECH: 53	TECH: 53
COACHING POINTS:	COACHING POINTS:	COACHING POINTS:

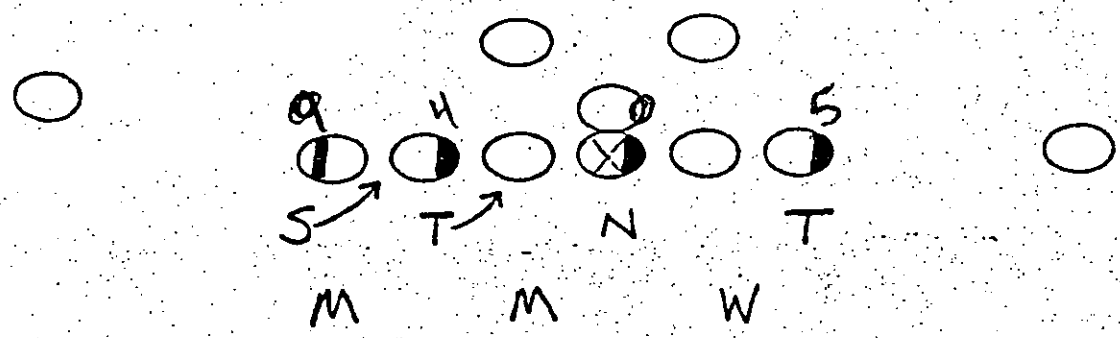
STUD	MAC	MIKE	WHIP
S/A: Loose 9	S/A: Outside foot in crotch of TE 5 yds deep.	S/A: Outside foot in crotch of Guard 4 yds deep.	S/A: SAME
KEY: TE	KEY: RB or Nearback	KEY: FB or Nearback	KEY: AS
RESP: RUN: Fill or Force PASS: 5 Cov.	RESP: C Gap	RESP: A Gap	RESP: 53
TECH: Force	TECH: Cross	TECH: Ace	TECH: 53
COACHING POINTS:	COACHING POINTS: Know snap count, hit C Gap on the run.	COACHING POINTS: Same as 53	COACHING POINTS:



STRONG TACKLE		BRUIN		WEAK TACKLE	
S/A:	Outside shade of O.G. Tight to Ball	S/A:	Weakside shade of O.G.	S/A:	SAME
KEY:	Ball	KEY:	Ball	KEY:	AS
RESP:	A Gap	RESP:	Opposite B	RESP:	53
TECH:	Belt	TECH:	Belt	TECH:	53
COACHING POINTS:	#1 on stunt - drive through inside shoulder of O.G.	COACHING POINTS:	#2 on stunt - scrape tight off D.T.	COACHING POINTS:	

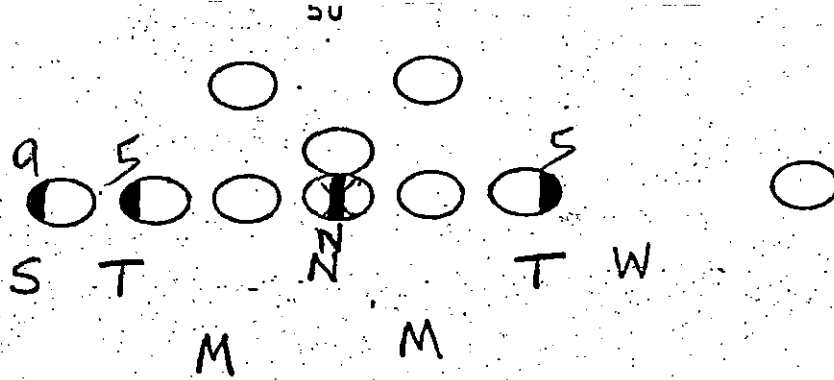
STUD	MAC	MIKE	WHIP
S/A:	S/A: Outside foot in crotch of TE 5 yds deep	S/A: Outside foot in crotch of Guard 4 yds deep.	S/A: SAME
KEY:	KEY: FB or Nearback	KEY: FB or Nearback	KEY: AS
RESP:	RESP: C Gap	RESP: A Gap	RESP: 53
TECH:	TECH: Cross	TECH: Ace	TECH: 53
COACHING POINTS:	COACHING POINTS: Same as 53 Eagle	COACHING POINTS: Same as 53 Eagle	COACHING POINTS:

53 STRONG CRASH



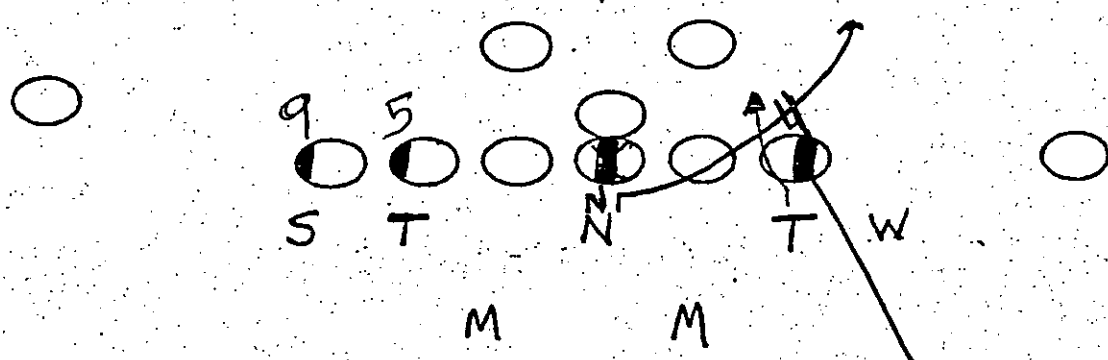
STRONG TACKLE	BRUIN	WEAK TACKLE
S/A: SAME	S/A: SAME	S/A: SAME
KEY: AS	KEY: AS	KEY: AS
RESP: 53	RESP: 53	RESP: 53
TECH: PINCH	TECH: 53	TECH: 53
COACHING POINTS:	COACHING POINTS:	COACHING POINTS:

STUD	MAC	MIKE	WHIP
S/A: Tight 9	S/A: Outside foot in crotch of TE 5 yds deep	S/A: Outside foot in crotch of Guard 4 yds deep	S/A: SAME
KEY: Ball	KEY: FB or Nearback	KEY: FB or Nearback	KEY: AS
RESP: C Gap	RESP: C - O	RESP: A Gap	RESP: 53
TECH: Crash	TECH: Scrap	TECH: Ace	TECH: 53
COACHING POINTS:	COACHING POINTS: Stud is crashing Scrape to outside leg of TE. Fill where needed.	COACHING POINTS: Same as 53	COACHING POINTS:



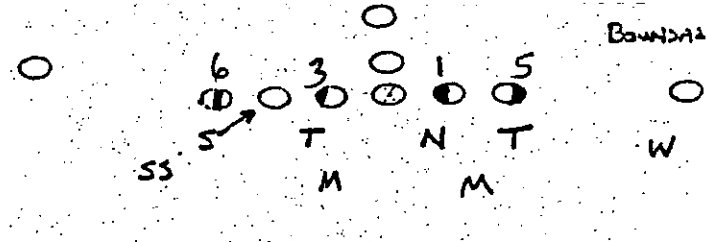
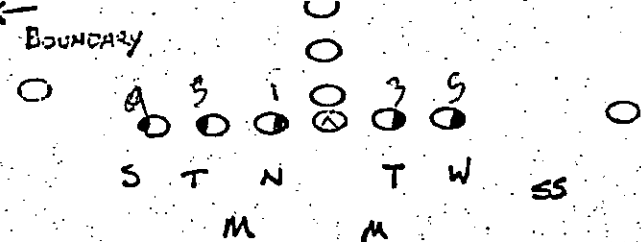
STRONG TACKLE	BRUIN	WEAK TACKLE	
<p>S/A: Outside shade of O.T.</p> <p>KEY: O.T.</p> <p>RESP: C Gap</p> <p>TECH: 5</p> <p>COACHING POINTS:</p>	<p>S/A: Head up on center</p> <p>KEY: Ball - center</p> <p>RESP: Backside A</p> <p>TECH: Base</p> <p>COACHING POINTS:</p>	<p>S/A: Outside shade of O</p> <p>KEY: Key - O.T.</p> <p>RESP: C Gap/Chase away</p> <p>TECH: 5 tech.</p> <p>COACHING POINTS:</p>	
STUD	MAC	MIKE	WHIP
<p>S/A: 9</p> <p>KEY:</p> <p>RESP:</p> <p>TECH:</p> <p>COACHING POINTS:</p>	<p>S/A: Inside foot on outside foot of Guard 4 yds deep</p> <p>KEY: Tandem I Backs or Nearback</p> <p>RESP: B Gap</p> <p>TECH: Base</p> <p>COACHING POINTS: Must maintain outside in leverage.</p>	<p>S/A: Inside foot on outside foot of Guard 4 yds deep</p> <p>KEY: Tandem I Backs or Nearback</p> <p>RESP: B Gap</p> <p>TECH: Base</p> <p>COACHING POINTS: Must maintain outside in leverage.</p>	<p>S/A: Pressed</p> <p>KEY: Nearback</p> <p>RESP: Based on Cove</p> <p>TECH: Based on Cove</p> <p>COACHING POINTS:</p>

50 WEAK TWIST



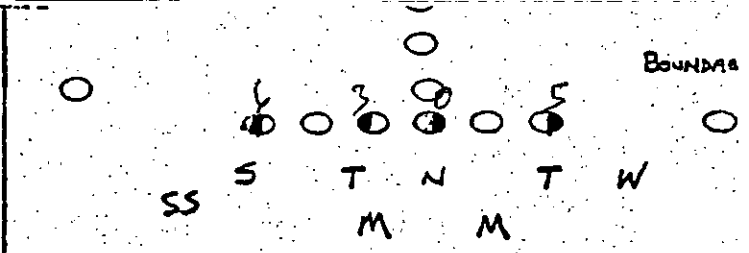
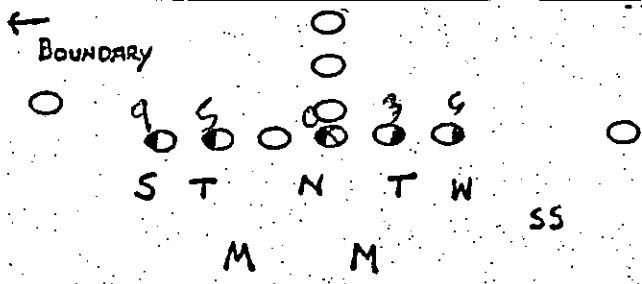
STRONG TACKLE	BRUIN	WEAK TACKLE
<p>S/A: Outside shade of O.T.</p> <p>KEY: O.T.</p> <p>RESP: C Gap/Chase away</p> <p>TECH: 5</p> <p>COACHING POINTS:</p>	<p>S/A: Head up on Center</p> <p>KEY: Ball</p> <p>RESP: Weak contain</p> <p>TECH: Weak Twist</p> <p>COACHING POINTS:</p> <p>#2 on Stunt come quickly</p>	<p>S/A: Inside eye O.T.</p> <p>KEY: Ball</p> <p>RESP: B Gap</p> <p>TECH: Weak Twist</p> <p>COACHING POINTS:</p> <p>Penetrate inside shoulder of O.T.</p>

STUD	MAC	MIKE	WHIP
<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: 50</p> <p>TECH: 50</p> <p>COACHING POINTS:</p>	<p>S/A: Inside foot on outside foot of Guard 4 yds deep</p> <p>KEY: Tandem I Backs or Nearback</p> <p>RESP: B Gap</p> <p>TECH: Base</p> <p>COACHING POINTS:</p> <p>Same as 50</p>	<p>S/A: Inside foot on outside foot of Guard 4 yds deep</p> <p>KEY: Tandem I Backs or Nearback</p> <p>RESP: A - O</p> <p>TECH: Scrape/Fast Flow</p> <p>COACHING POINTS:</p> <p>Fill where needed</p>	<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: 50</p> <p>TECH: 50</p> <p>COACHING POINTS:</p>



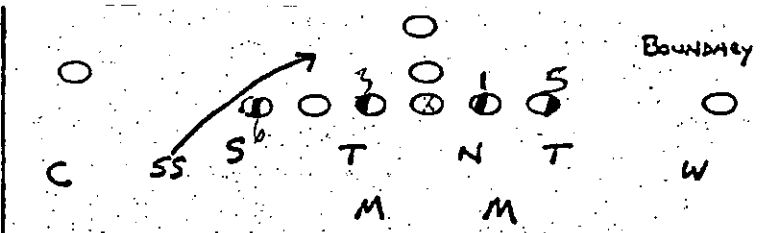
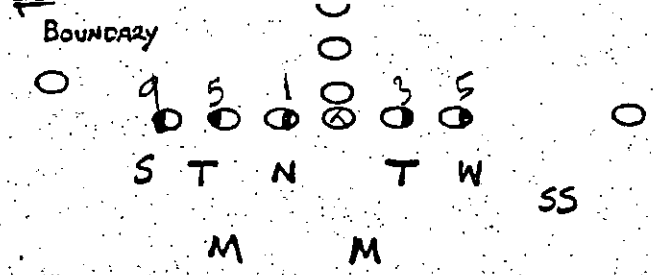
FIELD TACKLE	BRUIN	BOUNDARY TACKLE
<p>S/A: Outside shade of OG</p> <p>KEY: OG</p> <p>RESP: B Gap</p> <p>TECH: 3 Tech.</p> <p>COACHING POINTS:</p>	<p>S/A: Inside eye of OG</p> <p>KEY: OG</p> <p>RESP: A Gap</p> <p>TECH: 40 Tech</p> <p>COACHING POINTS:</p>	<p>S/A: Outside shade of OG</p> <p>KEY: OT</p> <p>RESP: C Gap to Chase</p> <p>TECH: 5 Tech</p> <p>COACHING POINTS:</p>

FIELD LB	MAC	MIKE	BOUNDARY LB
<p>S/A: 6</p> <p>KEY: Ball</p> <p>RESP: TO: "C" Gap AWAY: Chase</p> <p>TECH: Crash</p> <p>COACHING POINTS:</p> <p>Contain dropback protection. Pick step-it Scheme.</p>	<p>S/A: Inside foot on outside foot of guard 4 yds deep</p> <p>KEY: Tandem I Backs or Nearback</p> <p>RESP: B Gap</p> <p>TECH: Base</p> <p>COACHING POINTS:</p> <p>Technique is always played into boundary.</p>	<p>S/A: Outside foot in crotch of guard 4 yds deep</p> <p>KEY: FB or Nearback</p> <p>RESP: A Gap</p> <p>TECH: Ace</p> <p>COACHING POINTS:</p> <p>Technique is always played to the field.</p>	<p>S/A: Loose "9" or H</p> <p>KEY: TE or X Dep. o form.</p> <p>RESP: TO: Force AWAY: Cutback</p> <p>TECH: Thunder</p> <p>COACHING POINTS:</p>



FIELD TACKLE	BRUIN	BOUNDARY TACKLE
S/A: Outside shade of O.G.	S/A: Shade Boundary side of O.C.	S/A: Outside shade of O.T.
KEY: O.G.	KEY: Ball - center	KEY: O.T.
RESP: B Gap	RESP: A Gap	RESP: C Gap/Chase away
TECH: 3 tech.	TECH: Shade	TECH: 5 tech.
COACHING POINTS:	COACHING POINTS:	COACHING POINTS:

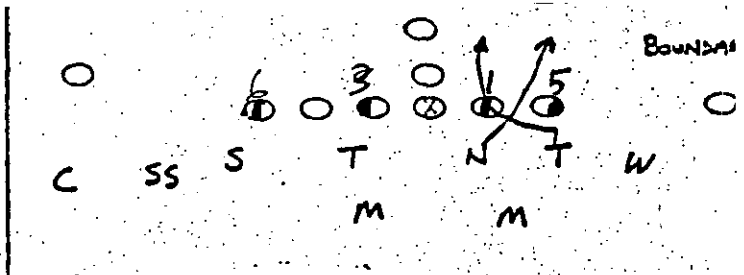
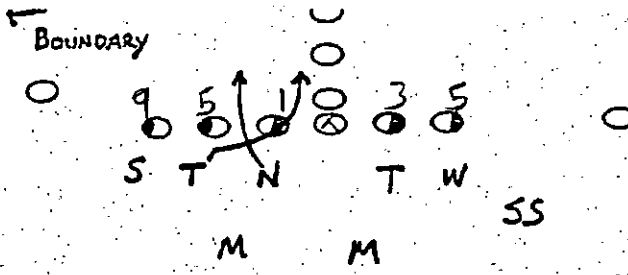
FIELD LB	MAC	MIKE	BOUNDARY LB
S/A: 6	S/A: Inside foot on outside foot of	S/A: Outside foot in crotch of Guard	S/A: Walk
KEY: Ball	KEY: Tandem I Backs or Nearback	KEY: FB or Nearback	KEY: Ball
RESP: C Gap	RESP: B Gap	RESP: A Gap	RESP: Force
TECH: Tight	TECH: Base	TECH: Ace	TECH: Thunder
COACHING POINTS:	COACHING POINTS: Same as 46	COACHING POINTS: Same as 46	COACHING POINTS:



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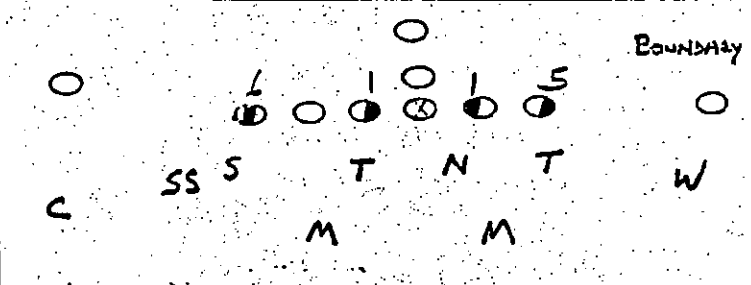
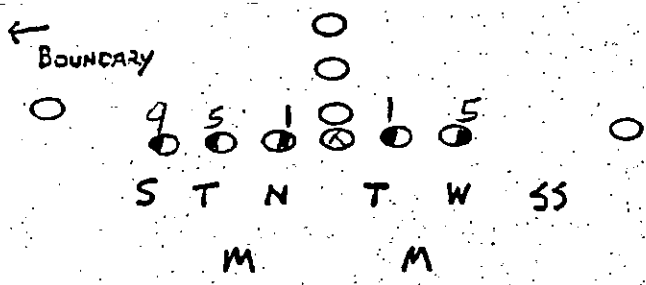
FIELD TACKLE	BRUIN	BOUNDARY TACKLE
S/A: SAME	S/A: SAME	S/A: SAME
KEY: AS	KEY: AS	KEY: AS
RESP: 46	RESP: 46	RESP: 46
TECH:	TECH:	TECH:
COACHING POINTS:	COACHING POINTS:	COACHING POINTS:

FIELD LB	MAC	MIKE	BOUNDARY LB
S/A: 6	S/A: Inside foot on outside foot of Guard 4 yds deep	S/A: Outside foot in crotch of Guard 4 yds deep	S/A: SAME
KEY: TE	KEY: Tandem I Backs or Nearback	KEY: FB or Nearback	KEY: AS
RESP: RUN: C GAP PASS: Vertical Stretch	RESP: B Gap	RESP: A Gap	RESP: 46
TECH: Wall	TECH: Base	TECH: Ace	TECH: 46
COACHING POINTS:	COACHING POINTS: Same as 46	COACHING POINTS: Same as 46	COACHING POINTS:



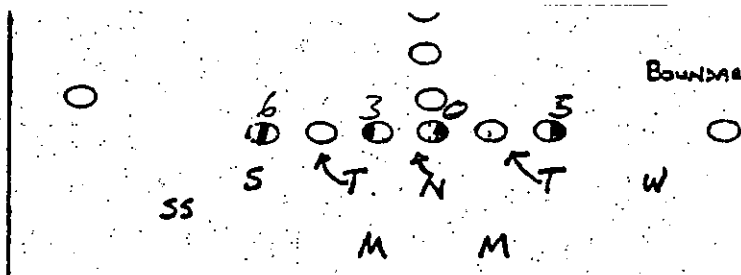
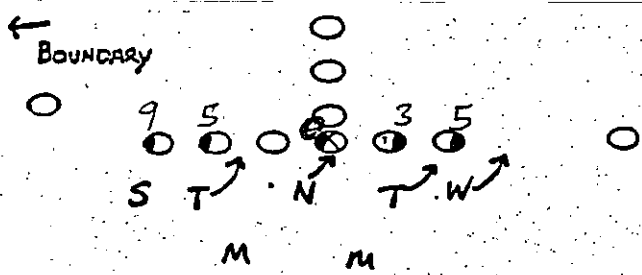
FIELD TACKLE	BRUIN	BOUNDARY TACKLE
S/A: SAME	S/A: Head up on O.G.	S/A: Outside shade of C
KEY: AS	KEY: Ball	KEY: Ball
RESP: 46	RESP: B Gap to contain	RESP: A Gap
TECH:	TECH: Bomb	TECH: Bomb
COACHING POINTS:	COACHING POINTS: #1 on Stunt - Drive through outside shoulder of O.G. then work outside	COACHING POINTS: #2 on stunt - scrape tightly off noseguard

FIELD LB	MAC	MIKE	BOUNDARY LB
S/A: SAME	S/A: Inside foot on outside foot of Guard 4 yds deep	S/A: Outside foot in crotch of Guard 4 yds deep	S/A: SAME
KEY: AS	KEY: Tandem I Backs or Nearback	KEY: FB or Nearback	KEY: AS
RESP: 46	RESP: B-C Gap	RESP: A Gap	RESP: 46
TECH:	TECH: Scrape	TECH: Ace	TECH:
COACHING POINTS:	COACHING POINTS: Fill where needed.	COACHING POINTS: Same as 46.	COACHING POINTS:



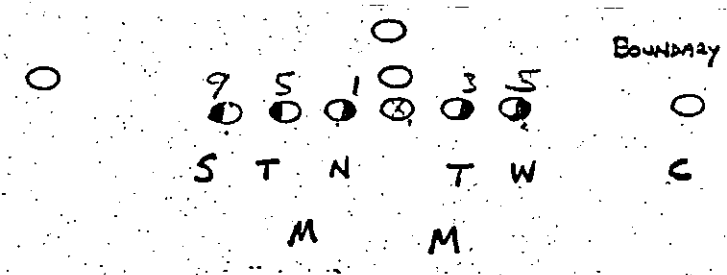
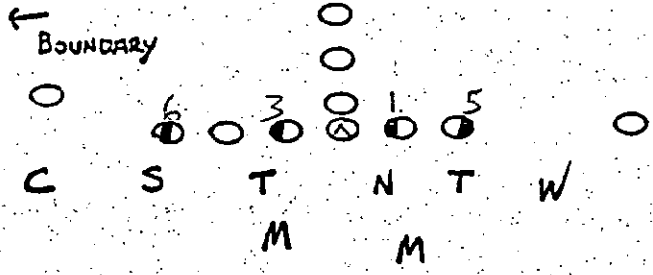
FIELD TACKLE	BRUIN	BOUNDARY TACKLE
S/A: Inside shade of O.G.	S/A: SAME	S/A: SAME
KEY: O.G.	KEY: AS	KEY: AS
RESP: A Gap	RESP: 46	RESP: 46
TECH: Tiger	TECH:	TECH:
COACHING POINTS:	COACHING POINTS:	COACHING POINTS:

FIELD LB	MAC	MIKE	BOUNDARY LB
S/A: SAME	S/A: Inside foot on outside foot of Guard 4 yds deep	S/A: Inside foot on outside foot of 4 yds deep	S/A: SAME
KEY: AS	KEY: Tandem I Backs or Nearback	KEY: Tandem I Backs or Nearback	KEY: AS
RESP: 46	RESP: B Gap	RESP: B Gap	RESP: 46
TECH: 46	TECH: Base	TECH: Base	TECH: 46
COACHING POINTS:	COACHING POINTS: Same as 46	COACHING POINTS: Must maintain outside in leverage. Be ready to Flow outside.	COACHING POINTS:



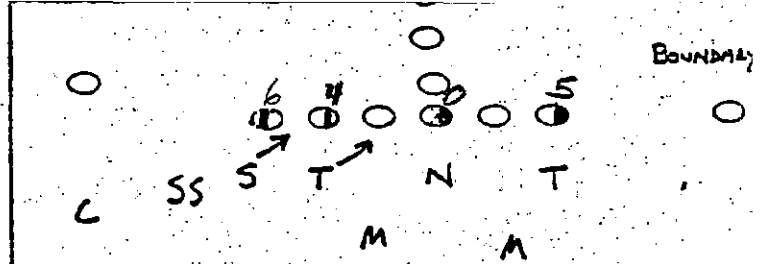
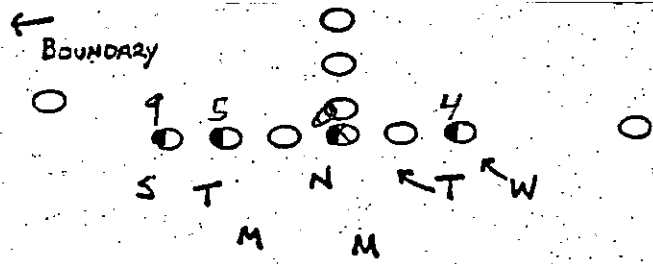
FIELD TACKLE	BRUIN	BOUNDARY TACKLE
S/A: Outside shade of O.G. slightly off Ball.	S/A: Boundry side shade of center.	S/A: Outside shade of O slightly off Ball.
KEY: Ball	KEY: Ball	KEY: Ball
RESP: B Gap to C Gap	RESP: A Gap/Offside A	RESP: B Gap
TECH: 3 Rock	TECH: Rock	TECH: 5 Rock
COACHING POINTS:	COACHING POINTS:	COACHING POINTS:

FIELD LB	MAC	MIKE	BOUNDARY LB
S/A: SAME	S/A: Inside foot on outside foot of 4 yds deep	S/A: Outside foot in crotch of Guard 4 yds deep	S/A: SAME
KEY: AS	KEY: Tandem I Backs or Nearback	KEY: FB or Nearback	KEY: AS
RESP: 46	RESP: C Gap	RESP: A Gap	RESP: AS
TECH: 46	TECH: Scrape	TECH: Ace	TECH: 46
COACHING POINTS:	COACHING POINTS: Action to scrape to outside leg of tackle. Fill where needed.	COACHING POINTS: Same as 46	COACHING POINTS:



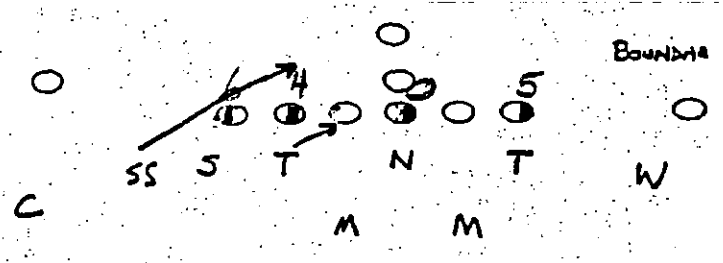
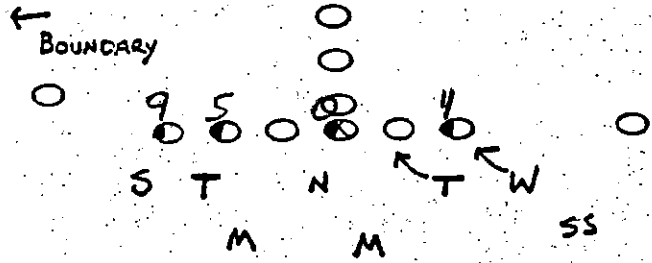
FIELD TACKLE	BRUIN	BOUNDARY TACKLE
S/A: Outside shade of O.T.	S/A: Inside shade of O.G. to the field.	S/A: Outside shade of O.C.
KEY: O.T.	KEY: O.G.	KEY: O.G.
RESP: C Gap/Chase away	RESP: A Gap	RESP: B Gap
TECH: 5 tech.	TECH: 40	TECH: 3 Tech.
COACHING POINTS:	COACHING POINTS:	COACHING POINTS:

FIELD LB	MAC	MIKE	BOUNDARY LB
S/A: vs. SE - Walk vs. TE - Loose 9	S/A: Inside foot on outside foot of Guard 4 yds deep	S/A: Outside foot in crotch of Guard 4 yds deep	S/A: vs. SE - Loose vs. TE - 6
KEY: Walk - Ball 9 - TE	KEY: Tandem I Backs or Nearback	KEY: FB or Nearback	KEY: 5 - OT 6 - TE
RESP: RUN: Force PASS: 5 Cov.	RESP: B Gap	RESP: A Gap	RESP: C Gap
TECH: Force	TECH: Base	TECH: Ace	TECH: 5 - Base 6 - Crash
COACHING POINTS:	COACHING POINTS: Maintain outside in leverage	COACHING POINTS: Fill L.O.S. aggressively.	COACHING POINTS:



FIELD TACKLE	BRUIN	BOUNDARY TACKLE
<p>S/A: Inside shade of O.T. 2 ft. off Ball.</p> <p>KEY: Ball</p> <p>RESP: B Gap to A Gap</p> <p>TECH: Crash</p> <p>COACHING POINTS:</p>	<p>S/A: Boundry side shade of O.C.</p> <p>KEY: Ball - center</p> <p>RESP: A Gap</p> <p>TECH: Shade</p> <p>COACHING POINTS:</p>	<p>S/A: Outside shade of O.</p> <p>KEY: O.T.</p> <p>RESP: C Gap/Chase away</p> <p>TECH: 5 tech.</p> <p>COACHING POINTS:</p>

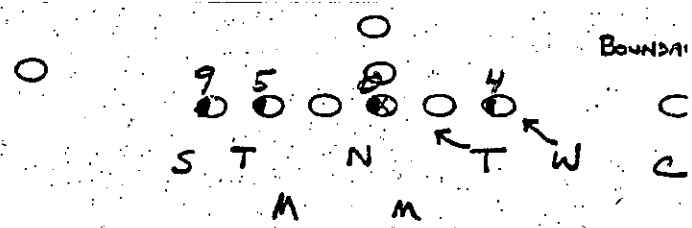
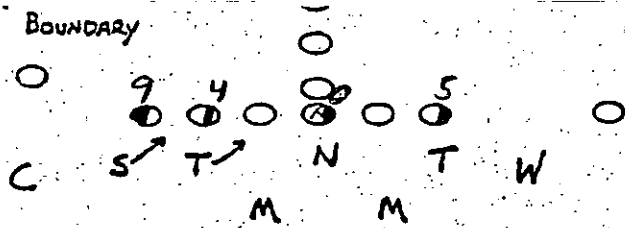
FIELD LB	MAC	MIKE	BOUNDARY LB
<p>S/A: Tight 9, 6 or Pressed</p> <p>KEY: Ball</p> <p>RESP: C Gap</p> <p>TECH: Crash</p> <p>COACHING POINTS:</p>	<p>S/A: Inside foot on outside foot of Guard 4 yds deep</p> <p>KEY: Tandem I Backs or Nearback</p> <p>RESP: B Gap</p> <p>TECH: Base</p> <p>COACHING POINTS: Same as 46</p>	<p>S/A: Outside foot in crotch of Guard 4 yds deep</p> <p>KEY: FB or Nearback</p> <p>RESP: A to O</p> <p>TECH: Scrape/Slow Flow</p> <p>COACHING POINTS: Fill where needed, use scrape technique</p>	<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: 46</p> <p>TECH: 46</p> <p>COACHING POINTS:</p>



EXCHANGE IS OFF

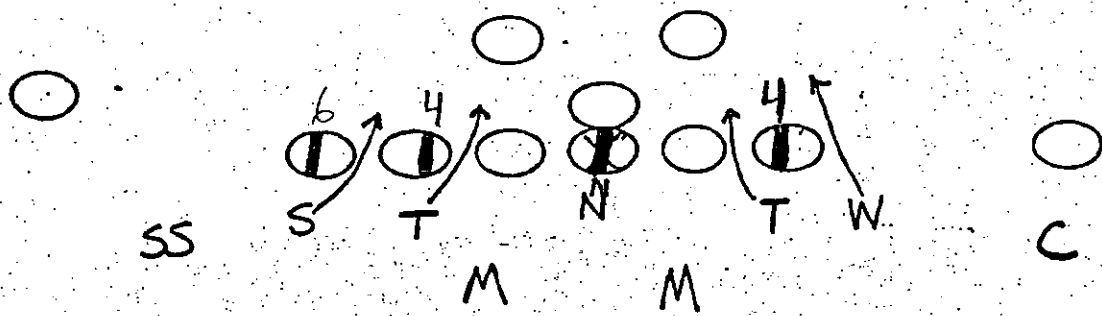
FIELD TACKLE	BRUIN	BOUNDARY TACKLE
S/A: SAME	S/A: SAME	S/A: SAME
KEY: AS	KEY: AS	KEY: AS
RESP: FIELD	RESP: FIELD	RESP: FIELD
TECH: CRASH	TECH: CRASH	TECH: CRASH
COACHING POINTS:	COACHING POINTS:	COACHING POINTS:

FIELD LB	MAC	MIKE	BOUNDARY LB
S/A: SAME	S/A: Inside foot on outside foot of Guard 4 yds deep	S/A: Outside foot in crotch of Guard 4 yds deep	S/A: SAME
KEY: AS	KEY: Tandem I Backs or Nearback	KEY: FB or Nearback	KEY: AS
RESP: 46	RESP: B Gap	RESP: A to O	RESP: FIELD
TECH: EXCHANGE	TECH: Base	TECH: Scrape/Slow Flow	TECH: CRASH
COACHING POINTS:	COACHING POINTS: Same as 46	COACHING POINTS: Fill where needed, use scrape technique	COACHING POINTS:



FIELD TACKLE	BRUIN	BOUNDARY TACKLE
S/A: Outside shade of O.T.	S/A: Field side shade of O.C.	S/A: Inside shade of O. 2 ft off Ball
KEY: O.T.	KEY: Ball - center	KEY: Ball
RESP: C Gap/Chase away	RESP: A Gap	RESP: B Gap to A Gap
TECH: 5 tech.	TECH: Shade	TECH: Crash
COACHING POINTS:	COACHING POINTS:	COACHING POINTS:

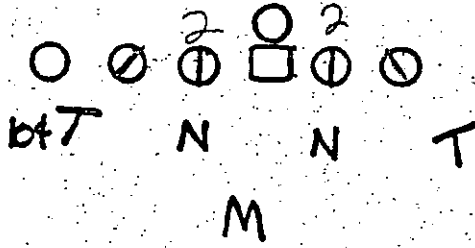
FIELD LB	MAC	MIKE	BOUNDARY LB
S/A: SAME	S/A: Inside foot on outside foot of Guard 4 yds deep	S/A: Outside foot in crotch of Guard 4 yds deep	S/A: vs. SE - Press vs. TE - 6
KEY: AS	KEY: Tandem I Backs or Nearback	KEY: FB or Nearback	KEY: Ball
RESP: 47	RESP: B Gap	RESP: A to O	RESP: C Gap
TECH: 47	TECH: Base	TECH: Scrape/Slow Flow	TECH: Crash
COACHING POINTS:	COACHING POINTS: Same as 47	COACHING POINTS: Fill where needed.	COACHING POINTS:



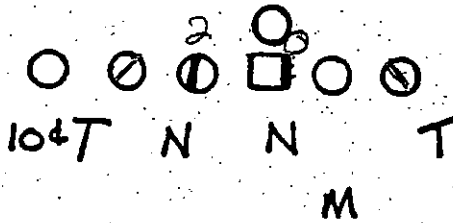
STRONG TACKLE	BRUIN	WEAK TACKLE
<p>S/A: Inside eye of OT</p> <p>KEY: Ball</p> <p>RESP: B Gap</p> <p>TECH: Stick</p> <p>COACHING POINTS:</p>	<p>S/A: SAME</p> <p>KEY: AS</p> <p>RESP: 30</p> <p>TECH: 30</p> <p>COACHING POINTS:</p>	<p>S/A: Inside eye of OT</p> <p>KEY: Ball</p> <p>RESP: B Gap</p> <p>TECH: Stick</p> <p>COACHING POINTS:</p>

STUD	MAC	MIKE	WHIP
<p>S/A: Tight "9"</p> <p>KEY: Ball</p> <p>RESP: TO: "C" Gap AWAY: Chase</p> <p>TECH: Crash</p> <p>COACHING POINTS:</p> <p>May cheat align, to "6" if necessary Wrongarm Secondary Blockers</p>	<p>S/A: Inside eye on outside eye of Guard</p> <p>KEY: Tandem I Backs or Nearback</p> <p>RESP: B-O Gap</p> <p>TECH: Scrape/Fast Flow</p> <p>COACHING POINTS:</p> <p>Fill B to O where needed</p>	<p>S/A: Inside eye on outside eye of Guard</p> <p>KEY: Tandem I Backs or Nearbacks</p> <p>RESP: B-O Gap</p> <p>TECH: Scrape/Fast Flow</p> <p>COACHING POINTS:</p> <p>Fill B to O where needed</p>	<p>S/A: Tight "9" vs. Pressed vs. SE</p> <p>KEY: Ball</p> <p>RESP: TO: "C" Gap AWAY: Chase</p> <p>TECH: Crash</p> <p>COACHING POINTS:</p> <p>Wrongarm Secondary Blockers</p>

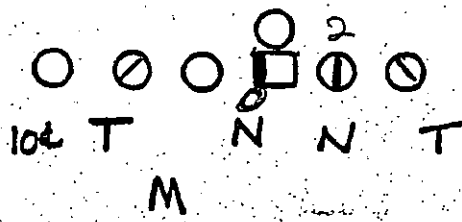
60



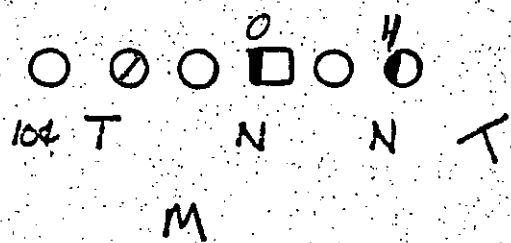
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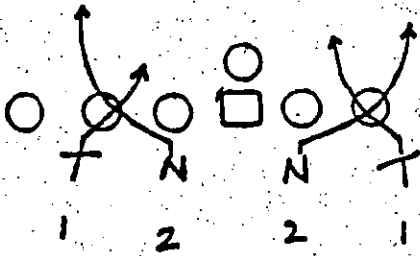
60 UNDER



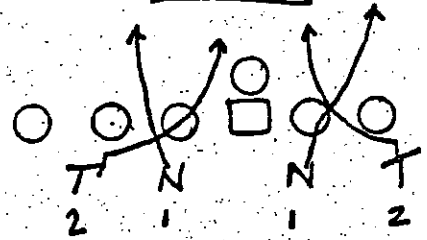
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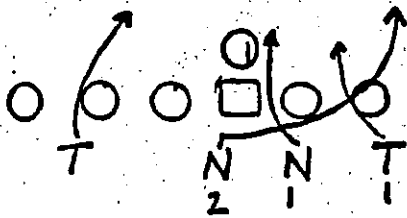
60 TWIST



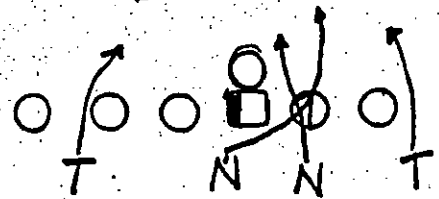
60 Bomb



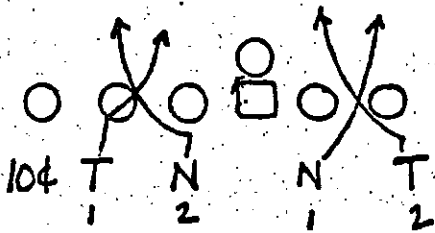
60 UNDER LOOP



60 UNDER BELT



60 TAB



1983
COVERAGES

50 TEAM: 5 - 3 - 2 - 6
(5 SLAM) (2 SWITCH)
1 - 7 - 6 MAN - 33

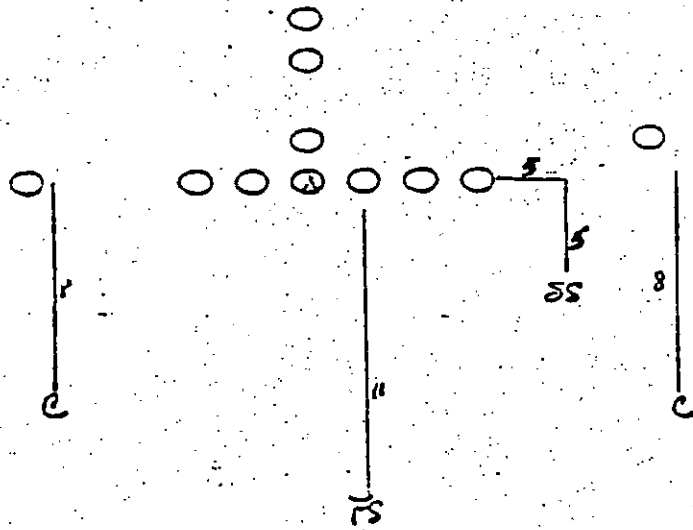
50 TEAM: RED X, BLUE, BLACK, BLACK Y
GOLD, YELLOW, ORANGE, MAN

NICKEL TEAM: N2, N3, N-BROWN, N-MAN, SILVER, VICTORY

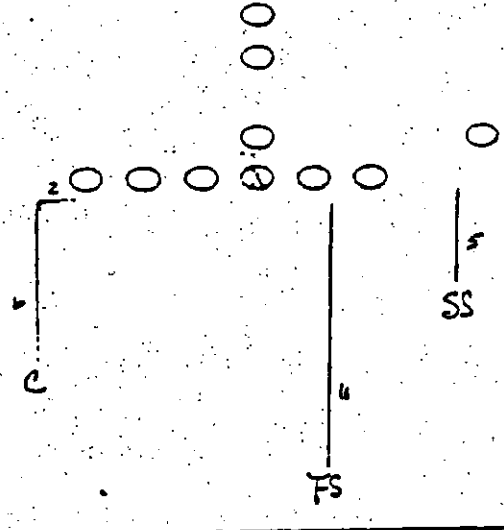
5-BACKS: 2 MAN, BROWN

81 TEAM: ZONE, MAN, 55, 66

COVERAGE

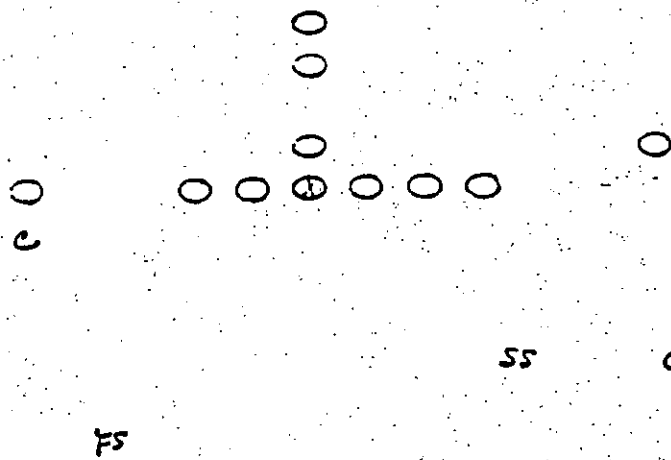


COVERAGE DESCRIPTION

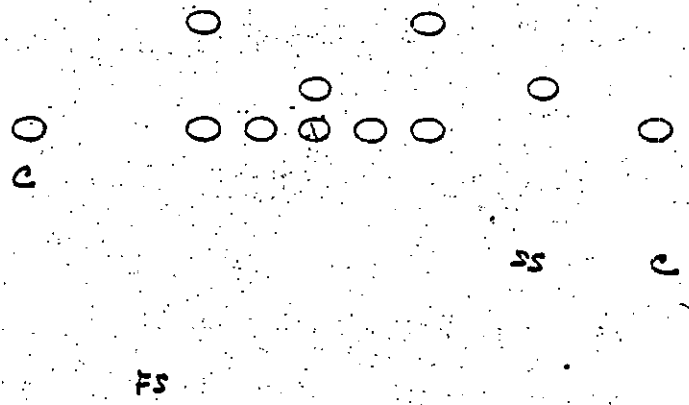


STRONG CORNER	STRONG SAFETY	FREE SAFETY	BOUNDARY CORNER
<p>S/A: Same as 3</p> <p>KEY: Same as 3</p> <p>A.O.R.: Same as 3</p> <p>C.P.:</p>	<p>S/A: Same as 3</p> <p>KEY: Same as 3</p> <p>A.O.R.: Same as 3</p> <p>C.P.:</p>	<p>S/A: Same as 3</p> <p>KEY: Same as 3</p> <p>A.O.R.: Same as 3</p> <p>C.P.: Force weak vs. split end</p>	<p>S/A: Same as 3</p> <p>KEY: Same as 3</p> <p>A.O.R.: Same as 3</p> <p>C.P.: Force weak vs. tight-end.</p>
STUD	MAC	MIKE	WHIP
<p>S/A: Same as Cover 3</p> <p>KEY: Same as Cover 3</p> <p>A.O.R.: Same as Cover 3</p> <p>C.P.: OLB into boundry will always be in coverage (1 or 4) Middle of Field-OLB to 1 Rec. side will be in Cov. "You" and "Me" calls will change with Zoom motion.</p>	<p>S/A: outside eye of guard 4 yds deep</p> <p>KEY: Near back</p> <p>A.O.R.: Cover 3 rules</p> <p>C.P.: Contain QB your side.</p>	<p>S/A: outside eye of guard 4 yds deep</p> <p>KEY: Near back</p> <p>A.O.R.: Cover 3 rules</p> <p>C.P.: Contain QB your side.</p>	<p>S/A: $\frac{1}{2}$ Eagle Pressed</p> <p>KEY: Near back</p> <p>A.O.R.: Same as Cover 3</p> <p>C.P.: SAME AS STUD</p>

2
COVERAGE



HALF FIELD DOVERAGE
COVERAGE DESCRIPTION

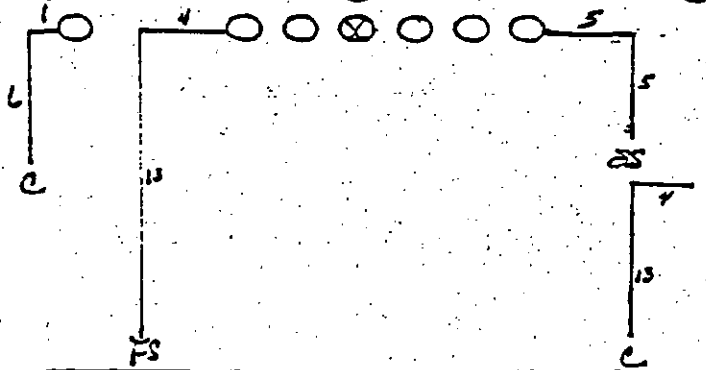


STRONG CORNER	STRONG SAFETY	FREE SAFETY	BOUNDARY CORNER
<p>S/A: Base (1x8)</p> <p>KEY: Ball to #1</p> <p>A.O.R.: Force/Flat</p> <p>C.P.: Catch Tech.</p>	<p>S/A: Balanced (4x13)</p> <p>KEY: Ball to #1</p> <p>A.O.R.: ½'s second contain</p> <p>C.P.:</p>	<p>S/A: Balanced (4x13)</p> <p>KEY: Ball to #1</p> <p>A.O.R.: ½'s second contain</p> <p>C.P.:</p>	<p>S/A: Bump</p> <p>KEY: Rec. to Ball</p> <p>A.O.R.: Force/Flat</p> <p>C.P.: Bump Tech.</p>
STUD	MAC	MIKE	WHIP
<p>S/A: Base</p> <p>KEY: TE</p> <p>A.O.R.: 1. Vertical stretch on outside vert. route</p> <p>C.P.: 2. TE flat - Wall #1 3. TE inside - Play delay 4. TE inside & #3 releases outside work to curl area</p>	<p>S/A: Base</p> <p>KEY: Near back</p> <p>A.O.R.: 1. Wall vertical 2. Outside release release of Y play delay 3. Drop middle when Y drags of block</p>	<p>S/A: Ace</p> <p>KEY: Near back</p> <p>A.O.R.: Hash</p> <p>C.P.: Wall #2 if vertically threatened.</p>	<p>S/A: ¼ Eagle Loose 5</p> <p>KEY: Tackle</p> <p>A.O.R.: "Me" Rush and Contain</p> <p>C.P.:</p>

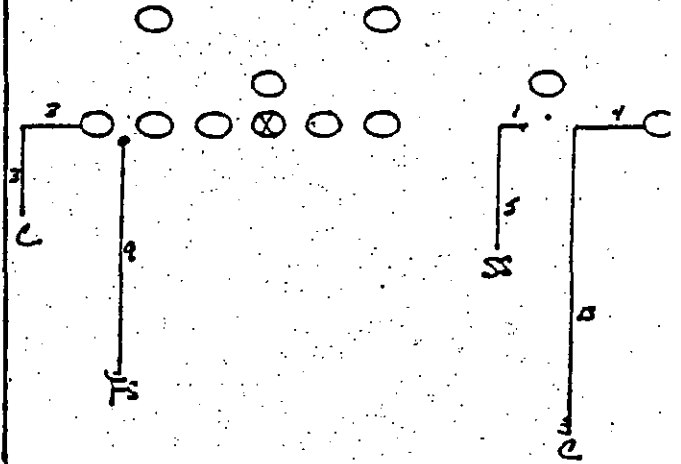
2 SWITCH

BOTH OLB'S ARE INVOLVED IN RUSHING.

COVERAGE

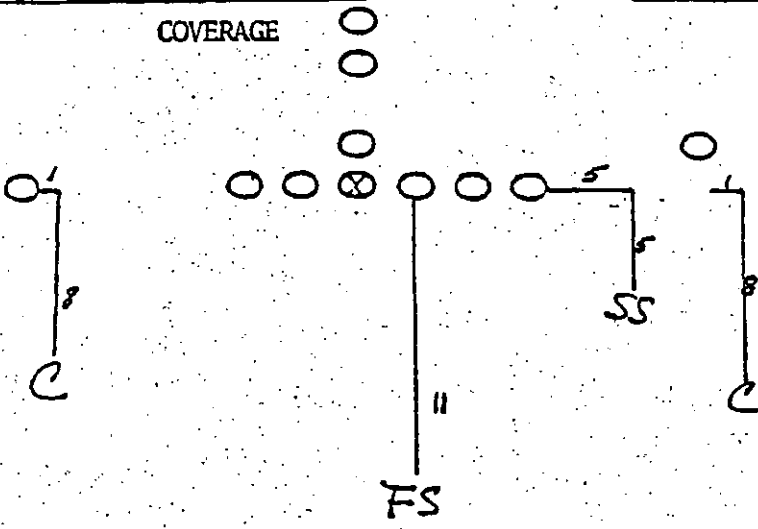


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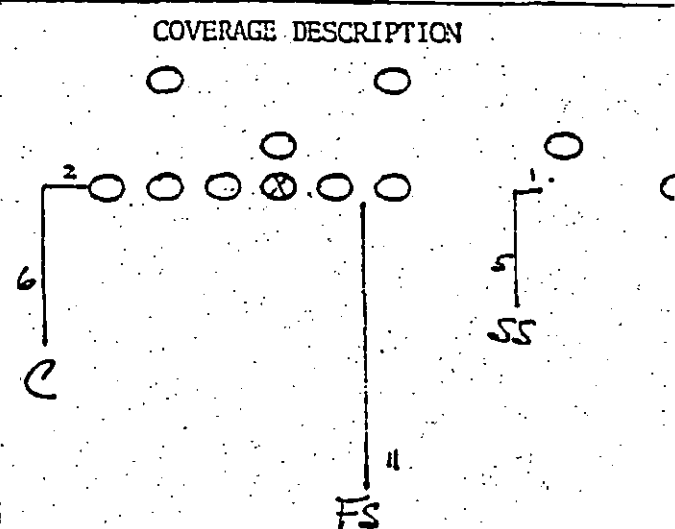


STRONG CORNER	STRONG SAFETY	FREE SAFETY	BOUNDARY CORNER
<p>S/A: Balanced (4x10) inside #1</p> <p>KEY: Ball on/off to #1</p> <p>A.O.R.: Deep $\frac{1}{2}$</p> <p>C.P.: 1. Take all post & streaks by #1</p>	<p>S/A: Base (5x5) on TE (Lx5) on WR</p> <p>KEY: Ball on/off to #2</p> <p>A.O.R.: Force/Vision Pt. Ball Wk/Alley-cut-back</p> <p>C.P.: 1. Read #2 for force 2. Vision Pt. & key pocket on flow pass 3. If aligned vs. (WR) collision #2 on vision Pt. drop if he releases vertical. 4. # 2 out & up -run with him.</p>	<p>S/A: (same as)</p> <p>KEY: (cover 2)</p> <p>A.O.R.:</p> <p>C.P.:</p>	<p>S/A: (same as)</p> <p>KEY: (cover 2)</p> <p>A.O.R.:</p> <p>C.P.:</p>
	MAC	MIKE	
<p>S/A: Based on Front Call</p> <p>KEY: Based on Front Call</p> <p>A.O.R.: Based on Front Call</p> <p>C.P.: You are not in coverage. Play front called.</p>	<p>S/A: Base</p> <p>KEY: Near Back</p> <p>A.O.R.: Same as Cover 2</p> <p>C.P.:</p>	<p>S/A: Base</p> <p>KEY: Near back</p> <p>A.O.R.: Same as Cover 2</p> <p>C.P.:</p>	<p>S/A: Based on Front Call</p> <p>KEY: Based on Front Call</p> <p>A.O.R.: Based on Front Call</p> <p>C.P.: You are not in coverage play front called.</p>

COVERAGE

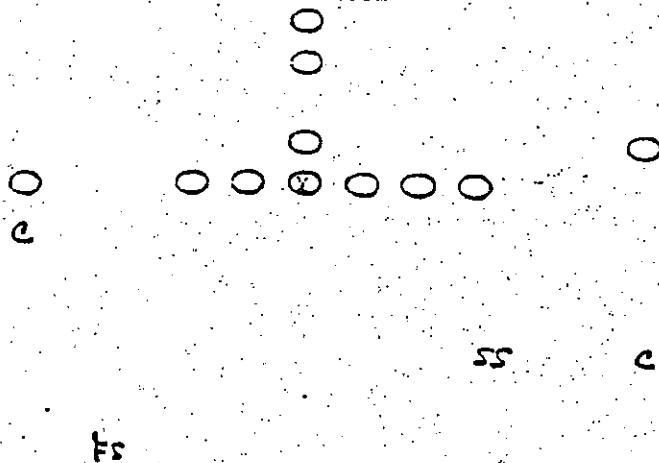


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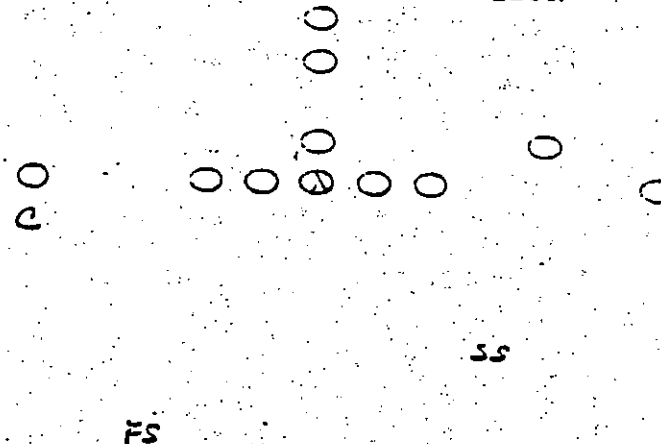


STRONG CORNER	STRONG SAFETY	FREE SAFETY	BOUNDARY CORNER
<p>S/A: Base Switch (1x8) Cloud (1x6) (3x3) 6 yd. rule KEY: Ball on/off to #1</p> <p>A.O.R.: Switch: Deep 1/3 - secondary contain - cutback Cloud: Force/Flat-cutback</p> <p>C.P.: Switch: 1.Pass first run second 2.Expect streak from #1 3.4 yd. cushion rule 4.Communicate routes underneath Cloud: 1.Hard squat tech. 2.Run first pass second</p>	<p>S/A: Base (1x5) on WR (5x5) on TE (1/2 way WR) Cloud: (4x1) inside #1 KEY: Ball on/off to #2</p> <p>A.O.R.: Switch: Force/Vision pt. Ball Wk/Alley-cutback Cloud: Deep 1/3 - secondary contain Ball Wk/Alley</p> <p>C.P.: Switch: 1.Read #2 for Force 2.Can align closer to LOS 3.Vision Pt. & key pocket or flow pass Cloud: 1.Pass first run second 2.Roll over fade immediately</p>	<p>S/A: Balanced 11 yds. on SG</p> <p>KEY: Ball on/off #2 Strong/Side</p> <p>A.O.R.: Deep 1/3 - Alley Strong - Thunder Fill Wk.</p> <p>C.P.: 1.Mirror ball in lanes 1-2-3 & key #2 2.Pass first run second 3.Key shoulders & eyes of QB for break on ball 4.Work for as much depth as possible while QB is working to set up point.</p>	<p>S/A: Base (1x8) on WR (inside) (2x6) on TE 6 yd. rule KEY: Ball on/off to #1 (TE) TE to ball</p> <p>A.O.R.: Deep 1/3 - secondary contain - cutback</p> <p>C.F.: 1.Pass first run second 2.Thunder Force/Fill Late 3.4 yd. Cushion rule 4.Communicate routes underneath</p>
2 RECEIVER LBer	MAC	MIKE	1 RECEIVER LBer
<p>S/A: Base</p> <p>KEY: TE</p> <p>A.O.R.: "Me" Rush and Contain</p> <p>C.P.: 1.Apply Cover down rules.</p>	<p>S/A: Base</p> <p>KEY: Near back</p> <p>A.O.R.: Middle or Hash</p> <p>C.P.: Wall #2 Vertical inside TE if threatened up to 15 yards.</p>	<p>S/A: Ace</p> <p>KEY:</p> <p>A.O.R.: Middle or Hash</p> <p>C.P.:</p>	<p>S/A: Base</p> <p>KEY: Ball</p> <p>A.O.R.: "You" Curl</p> <p>C.P.: 1.Know "Vision Pt." be snap 2.Apply Cover down rules:</p>

5
COVERAGE

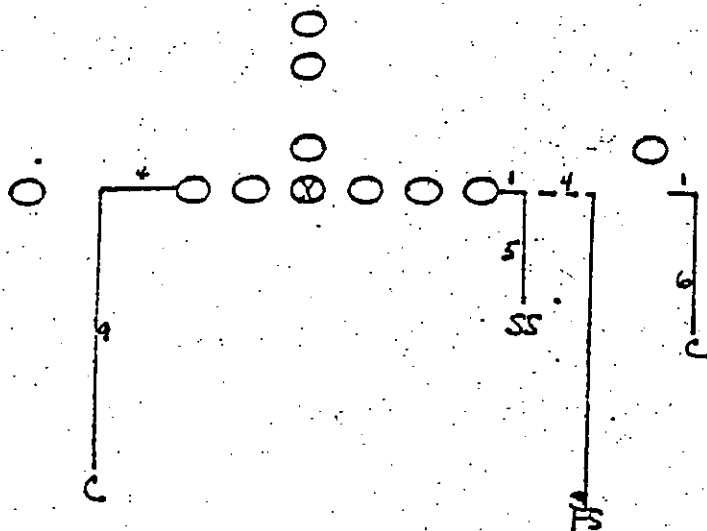


THREE DEEP WEAKSIDE ROLL
COVERAGE DESCRIPTION

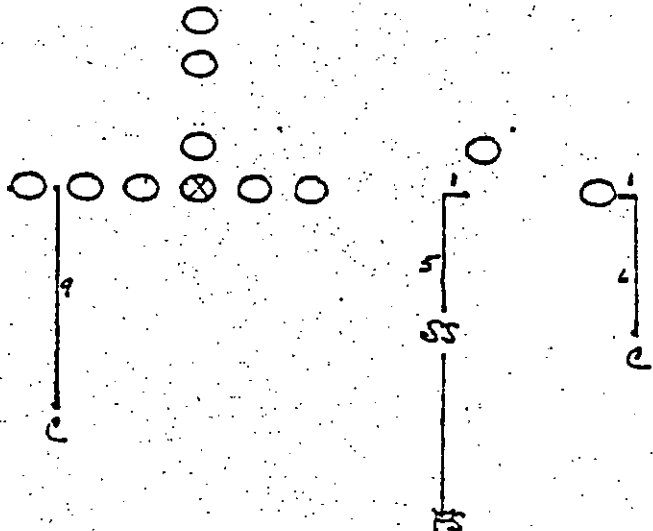


STRONG CORNER	STRONG SAFETY	FREE SAFETY	BOUNDARY CORNER
<p>S/A: Base (1x8)</p> <p>KEY: Ball to #1</p> <p>A.O.R.: 1/3's Second Contain</p> <p>C.P.:</p>	<p>S/A: Staggered (1-4x8)</p> <p>KEY: Ball to #2</p> <p>A.O.R.: M 1/3 Thunder Fill</p> <p>C.P.:</p>	<p>S/A: Staggered (4x11)</p> <p>KEY: Ball to #1</p> <p>A.O.R.: 1/3's</p> <p>C.P.: Roll over Fade Weak</p>	<p>S/A: Bump</p> <p>KEY: Rec. to Ball</p> <p>A.O.R.: Force/Flat</p> <p>C.P.: Hard Tech.</p>
STUD	MAC	MIKE	WHIP
<p>S/A: 1/4 Eagle Loose "9"</p> <p>KEY: TE</p> <p>A.O.R.: Thru Curl area to Flat if threatened</p> <p>C.P.: Vs. 3 wides cover down Twins - no collision - vision point drop thru Curl to Flat</p>	<p>S/A: Base</p> <p>KEY: Near back</p> <p>A.O.R.: Middle or Hash</p> <p>C.P.: Wall #2 weak vertical if threatened</p>	<p>S/A: Ace</p> <p>KEY: Near back</p> <p>A.O.R.: Middle or Hash</p> <p>C.P.: Wall #2 vertical if threatened</p>	<p>S/A: 1/4 Eagle Loose 5</p> <p>KEY: Tackle</p> <p>A.O.R.: "Me" Rush and Contain</p> <p>C.P.:</p>

COVERAGE



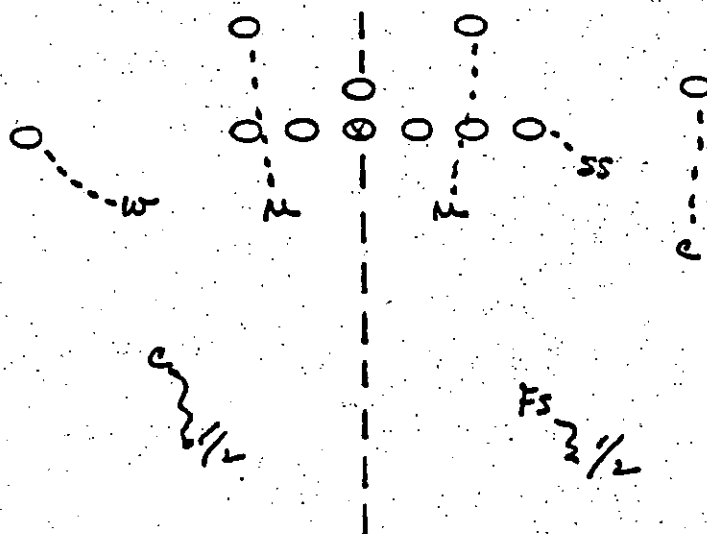
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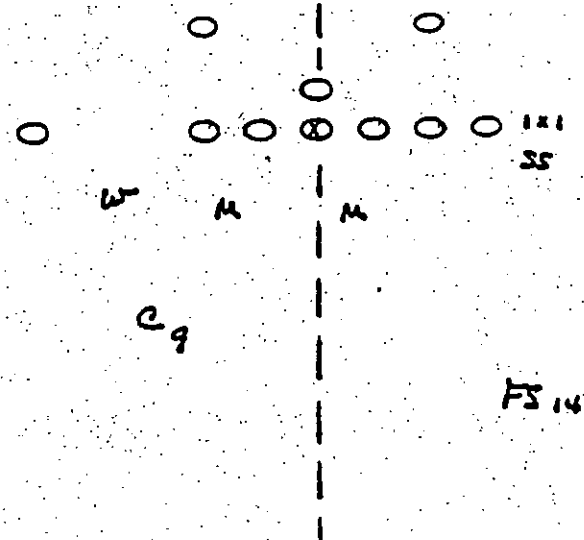
STRONG CORNER	STRONG SAFETY	FREE SAFETY	BOUNDARY CORNER
<p>S/A : Base (1x6) on WR</p> <p>KEY: Ball on/off to #1</p> <p>A.O.R.: Force/Flat Cushion fade to 18 yds.</p> <p>C.P.: 1. Funnel & pattern read # 2 & 3 2. #2 out & up run with</p>	<p>S/A : Base (1x5) Outside #2 vs. TE (1x5) inside #2 vs. WR</p> <p>KEY: Ball on/off to #2 (Shuffle & key)</p> <p>A.O.R.: Fill/Seam to Curl</p> <p>C.P.: 1. Read #2 for tech. 2. Wall #2 on vertical stretch 3. Kick tech. Take one pedal and sit down & collision #2</p>	<p>S/A : Balanced (4x1 3) on #2 (1x1 3) inside vs. WR</p> <p>KEY: Ball on/off #1 (Shuffle & key)</p> <p>A.O.R.: Strongside 1/2</p> <p>C.P.: 1. Read #1 for tech 2. ... 3. Read #1 & feel back to #2 & QB for pattern read</p>	<p>S/A : Balanced (x9) on OT vs. WR (1x9) inside vs. TE (hash) (1x9) outside vs. TE (middle)</p> <p>KEY: Ball on/off #1 vs. WR (shuff & key) TE to ball vs. TE</p> <p>A.O.R.: Weakside 1/2 Thunder Fill/</p> <p>C.P.: 1. Cover #1 on all Post or streaks 2. Flow to #1 and feel back #2 & QB for pattern read 3. TE-Pass blocks look to help strong side pass.</p>
STUD (Cov 6)	MAC	MIKE	WHIP (Cov 6)
<p>S/A: Base 9</p> <p>KEY: Based on Front</p> <p>A.O.R.: Based on Front</p> <p>C.P.: 1. If on one receiver side - You have Force responsibility</p>	<p>S/A: Base</p> <p>KEY: Near Back</p> <p>A.O.R.: Hash</p> <p>C.P.: Wall #2 weak vertical if threaten</p>	<p>S/A: Ace</p> <p>KEY: Near Back</p> <p>A.O.R.: Delay</p> <p>C.P.: Quick Contain - Jet Delay - Tech vs. Drop Back</p>	<p>S/A: Heads</p> <p>KEY: X</p> <p>A.O.R.: Thunder Force, Fade Y Under, Flat</p> <p>C.P.: 1. Do not be influenced by Secondary route to Quick. 2. Apply Cover down rule. 3. Alert to take #2 deep. 4. Mirror Jam outside shoulder.</p>

coverage with track under-
neath coverage.

6-MAN
COVERAGE

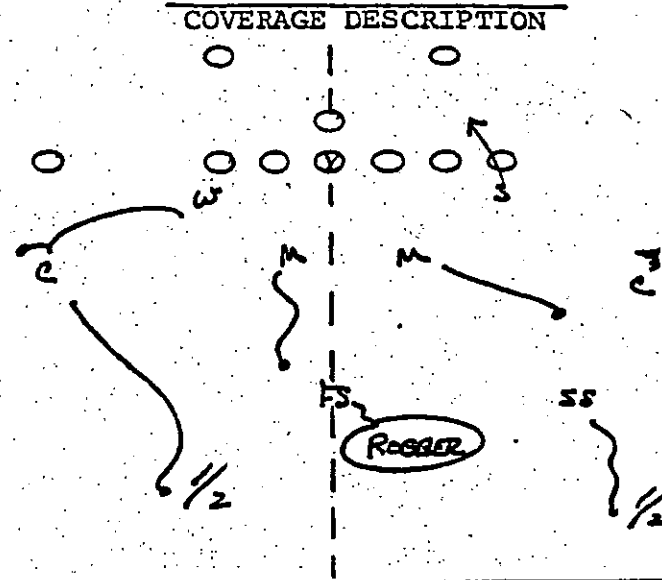
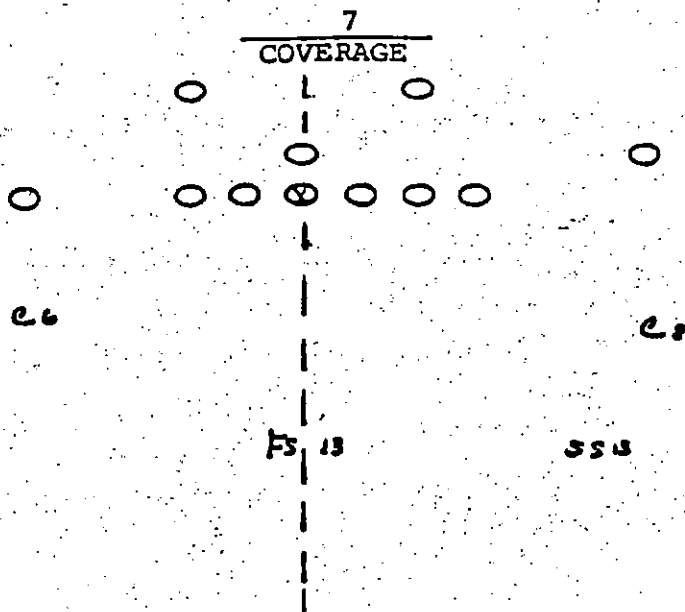


COVERAGE DESCRIPTION



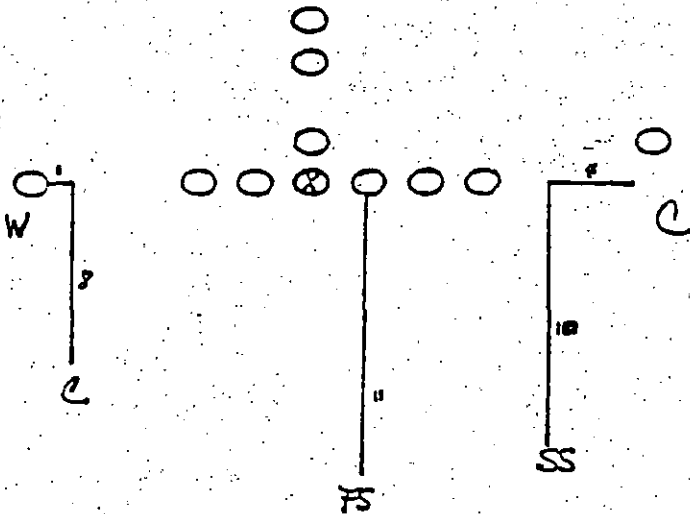
STRONG CORNER	STRONG SAFETY	FREE SAFETY	BOUNDARY CORNER
S/A: Same as 6	S/A: Same as 6	S/A: Same as 6	S/A: Same as 6
KEY: Same as 6 (or Bump)	KEY: Same as 6	KEY: Same as 6	KEY: Same as 6
A.O.R.: Track #1 Strong	A.O.R.: Track #2	A.O.R.: Deep 1/2	A.O.R.: Deep 1/2
C.P.: Keep 2 yard reverse cushion	C.P.: Keep 2 yd. reverse cushion	C.P.:	C.P.:
STUD	MAC	MIKE	WHIP
S/A: 6-Tech.	S/A: Bsd on Front	S/A: Bsd on Front	S/A: Walk
KEY: Ball	KEY: Bsd on Front	KEY: Bsd on Front	KEY: Ball to #1
A.O.R.: Rush C-Gap	A.O.R.: Trk back your side	A.O.R.: Trk back your side	A.O.R.: Track #1
C.P.:	C.P.:	C.P.:	C.P.: Keep 2 yard reverse cushi

an unbalanced half field coverage that incorporates the FS in a robber area 20 yards deep.

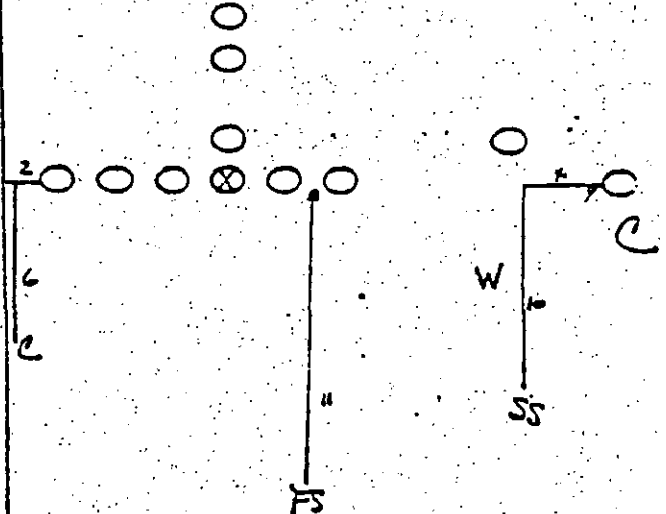


STRONG CORNER	STRONG SAFETY	FREE SAFETY	BOUNDARY CORNER
S/A: Same as 2	S/A: Same as 2	S/A: Same as 2	S/A: Same as 2
KEY: Same as 2	KEY: Same as 2	KEY: Ball to #2 Strng. Side	KEY: Same as 2
A.O.R.: Same as 2	A.O.R.: Same as 2	A.O.R.: Robber 20 Yds. Deep	A.O.R.: Deep 1/2
C.P.: Same as 2	C.P.: Same as 2	C.P.: Key #2 & QB's eyes	C.P.: Back late on the Cadence
STUD	MAC	MIKE	WHIP
S/A: Base - 9 Tech.	S/A: Bsd on Front	S/A: Bsd on Front	S/A: Based on Fron
KEY: Based on Front	KEY: Bsd on Front	KEY: Bsd on Front	KEY: Based on Fron
A.O.R.: Rush	A.O.R.: Verticle Strch. Dfndr.	A.O.R.: Hash	A.O.R.: Flat
C.P.'s:	C.P.'s:	C.P.'s:	C.P.'s:

COVERAGE



COVERAGE DESCRIPTION



STRONG CORNER	STRONG SAFETY	FREE SAFETY	BOUNDARY CORNER
<p>S/A : Bump</p> <p>KEY: Rec. to Ball</p> <p>A.O.R.: Force/Flat</p> <p>C.P.: 1.Hard squat tech. 2.Run first/pass second</p>	<p>S/A : Base (4x10) inside #1</p> <p>KEY: Ball on/off #1</p> <p>A.O.R.: Deep 1/3-Secondary Contain</p> <p>C.P.: 1.Roll over top of fade immediately as corner is executing hard cloud. 2.Communicate routes underneath</p>	<p>S/A : Base 1 yd on SG</p> <p>KEY: Ball on/off #2 Strong/Side</p> <p>A.O.R.: Deep 1/3-Alley Strong -Thunder Fill Wk.</p> <p>C.P.: 1.Mirror Ball in lanes 1-2-3 & key #2 2.Pass first run second 3.Key shoulders & eyes of QB for break on ball</p>	<p>S/A : Base (1x8) on WR (2x6) on TE 6 yd rule</p> <p>KEY: Ball on/off to #1 (TE) TE to ball</p> <p>A.O.R.: Deep 1/3 -Secondary Contain Cutback</p> <p>C.P.: 1.Pass first-run second 2.Thunder Force/Fill Late 3.4 yd. Cushion 4.Communicate routes underneath</p>
<p>STUD</p> <p>S/A: Base 9</p> <p>KEY: TE</p> <p>A.O.R.: "You" Curl</p> <p>C.P.: 1.Drive the vision point 2.Set up as QB sets 3.Don't be concerned about hit on #2 4.You are a spot dropper</p>	<p>MAC</p> <p>S/A: Base</p> <p>KEY: Near back</p> <p>A.O.R.: Middle or Hash</p> <p>C.P.: All spot drops no wall</p>	<p>MIKE</p> <p>S/A: Ace</p> <p>KEY: Near back</p> <p>A.O.R.: Middle or Area Hash</p> <p>C.P.: All spot drops no wall.</p>	<p>WHIP</p> <p>S/A: 1/4 Eagle Heads</p> <p>KEY: X</p> <p>A.O.R. Curl, Y Under, Back out</p> <p>C.P.: 1. Apply cover down rules. a. Pro-Heads on X b. Twins - 2x5 inside the twins rec. c. Bump tech. when in Heads align.</p>

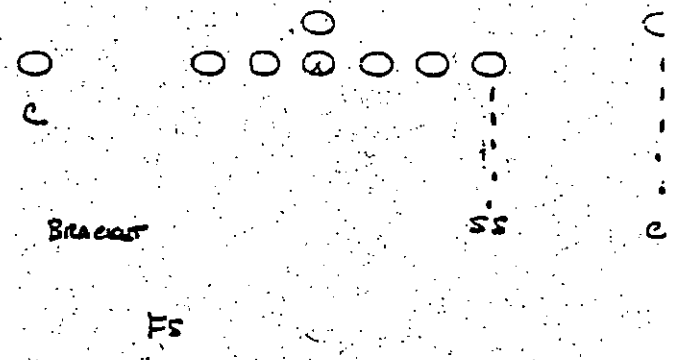
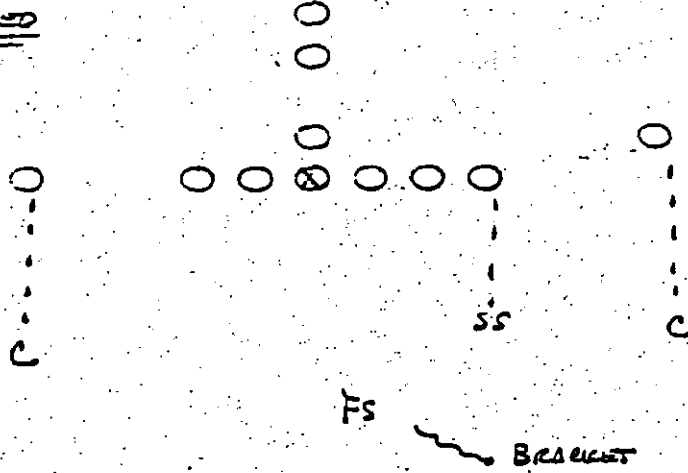
ALLOWING FS TO DOUBLE COVER STRONG/WEAK SIDE
 DEPENDING ON CALL LB'S COVER BACKS

RED OR RED X
 COVERAGE

COVERAGE DESCRIPTION

RED

RED-X

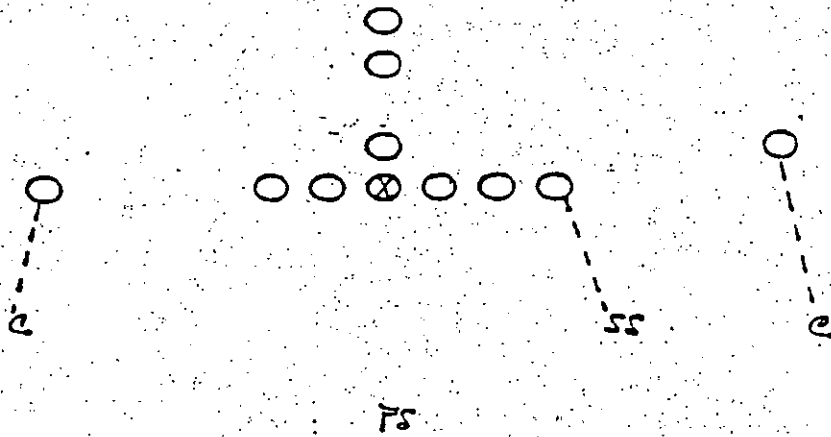


STRONG CORNER	STRONG SAFETY	FREE SAFETY	BOUNDARY CORNER
<p>S/A: 1x8 or Bump</p> <p>KEY: 3 step to man</p> <p>A.O.R.: M/M on #1</p> <p>C.P.: 1. Know which side has help. 2. Inside/outside.</p>	<p>S/A: 1x8 or Bump</p> <p>KEY: 3 step to man</p> <p>A.O.R.: M/M #2 strong</p> <p>C.P.: 1. Know which side has help. 2. DBL's Trip set or shift Check Blue.</p>	<p>S/A: 11 yds. over Ball</p> <p>KEY: Ball to man</p> <p>A.O.R.: Pass-dbl. cover Run-alley either way.</p> <p>C.P.: 1. Move on snap to respo. 2. Alley player.</p>	<p>S/A: 1x8 or Bump</p> <p>KEY: 3 step to man</p> <p>A.O.R.: M/M #1</p> <p>C.P.: 1. Know which side has help 2. Inside/outside</p>
STUD	MAC	MIKE	WHIP
<p>S/A: Loose 9</p> <p>KEY: TE or Ball</p> <p>A.O.R.: Run: Force Pass: Contain rush</p> <p>C.P.: Allows both OLB's to rush (ME Calls)</p>	<p>S/A: Base</p> <p>KEY: Near back</p> <p>A.O.R.: M/M on ball your side.</p> <p>C.P.: Could use hug up tech. Blue ck: Combo remain back</p>	<p>S/A: Base</p> <p>KEY: Near back</p> <p>A.O.R.: M/M on ball your side.</p> <p>C.P.: Could use hug up tech. Blue ck: Combo remain back</p>	<p>S/A: Loose 9 - Pressed</p> <p>KEY: TE or Ball</p> <p>A.O.R.: Run: Force Pass: Contain r</p> <p>C.P.: Allows both OLB' to rush (ME Calls) When aligned on Air-should look the same as Jam, Weak Crash, or 30 Def.</p>

<p>21</p> <p>78</p>	<p>51</p>
<p>OUTSIDE</p> <p>(BRACKET)</p>	

COVERAGE

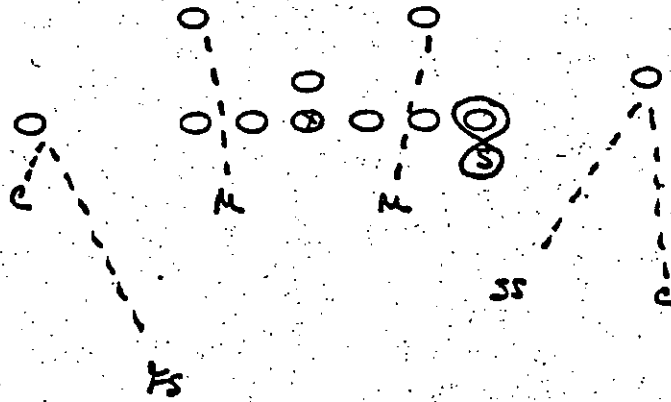
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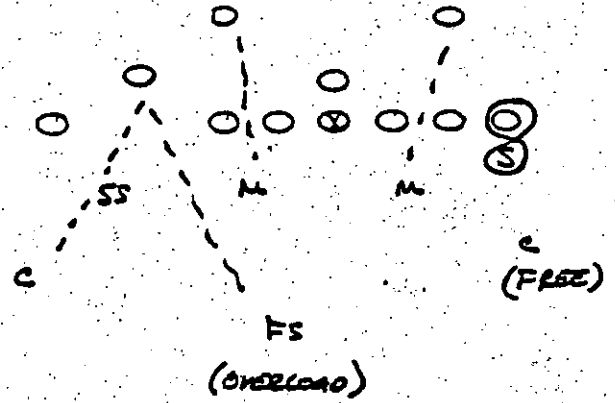
N.B. to look at exchange between FS and SS (Cover)

STRONG CORNER	STRONG SAFETY	FREE SAFETY	BOUNDARY CORNER
<p>S/A: Base (1x8) on #1</p> <p>KEY: Ball/Man</p> <p>A.O.R.: #1 man-to-man</p> <p>C.P.: 1. Inside technique unless free safety is not involved in coverage</p>	<p>S/A Base (1x8) on #2 When Stud in Dog align head up #2</p> <p>KEY: Ball to #2</p> <p>A.O.R.: Run-fill pass—#2 man-to-man</p> <p>C.P.: 1. Pass first, run second 2. Go to two receiver side regardless of hash</p>	<p>S/A: Balanced</p> <p>KEY: First back X/Y or Field</p> <p>A.O.R.: Run-fill based on call; pass-first back on call.</p> <p>C.P.: 1. Y call, fill Y side, first back Y side 3. X call, fill X side, first back X side 4. X is to split end; Y is to tight end</p>	<p>S/A: Base (1x8) on #1 OLB'er in a dog align head #1 when he is not flexed</p> <p>KEY: Ball/Man</p> <p>A.O.R.: #1 man-to-man</p> <p>C.P.: 1. Inside technique unless free safe is not involved coverage</p>
STUD	MAC	MIKE	WHIP
<p>S/A: Loose 9</p> <p>Key: Ball</p> <p>A.O.R.: Thunder force unless involved in stunt</p> <p>C.P.: Dog only if called or part of stunt</p>	<p>S/A Base</p> <p>KEY: Near back</p> <p>A.O.R.: Run Stunt or Cover 1st back out your side or 2nd back away.</p> <p>C.P.: Have no deep help. Know position, D/D and ability</p>	<p>S/A: Ace</p> <p>Key: Near back</p> <p>A.O.R. Run Stunt or Cover 1st back out your side or 2nd back away.</p> <p>C.P.: field of receiver.</p>	<p>S/A: Loose 5</p> <p>KEY: Ball</p> <p>A.O.R.: Fill</p> <p>C.P.:</p>

**BLACK & BLACK Y
COVERAGE**

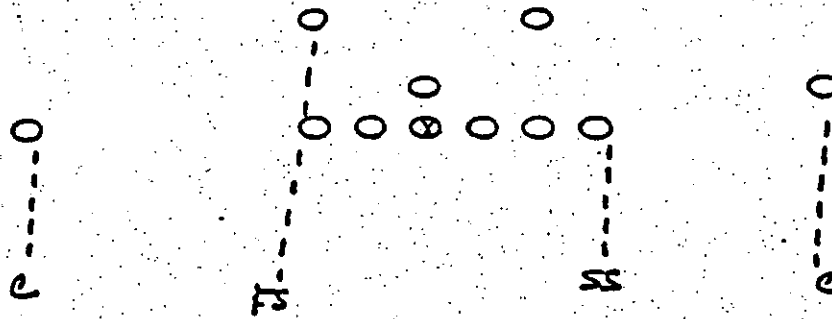


A bracket coverage concept
out of a 5 or 3 cover look.
COVERAGE DESCRIPTION



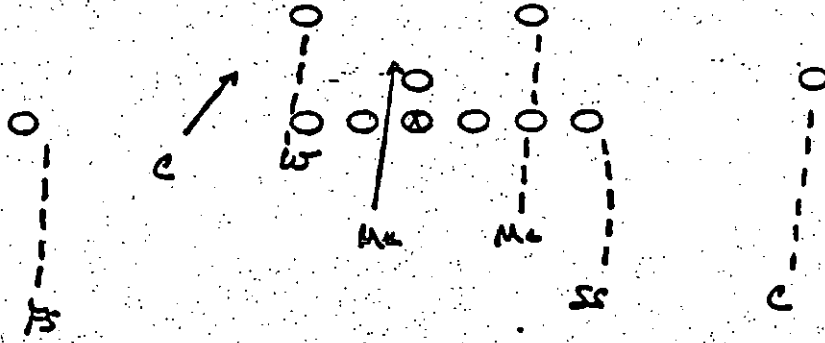
STRONG CORNER	STRONG SAFETY	FREE SAFETY	BOUNDARY CORNER
S/A: Same as 5 or 3	S/A: Same as 5 or 3	S/A: Sm. as 5 or 3	S/A: Same as 5 or
KEY: Same as 5 or 3	KEY: Same as 5 or 3	KEY: Sm. as 5 or 3	KEY: Same as 5 or
A.O.R.: Bracket #1 or Single	A.O.R.: Bracket #1 or 2	A.O.R.: Bracket #1 Weak, #2 or #1 Strong	A.O.R.: Bracket #1
C.P.: <u>Black Y</u> , Single #1	C.P.: <u>Black Y</u> , play robber over TE position.	C.P.: Make over-load call to twins 3-Wides or trips.	C.P.: Twins-play f and help where is looking.
STUD	MAC	MIKE	WHIP
S/A: Based on Front	S/A: Bsd on Front	S/A: Bsd on Front	S/A: Based on Fron
KEY: Based on Front	KEY: Bsd on Front	KEY: Bsd on Front	KEY: Based on Fron
A.O.R.: Y or #2 (3 Wides) M/M	A.O.R.: 2 Back Set: Hug 1 Back Set: Combo Hug Remaining back	A.O.R.: 2 Back Set: Hug 1 back set: Combo Hug Remaining bck.	A.O.R.: 2 Backs = Ru Trips Y = Track # Doubles = M/M #2

GOLD COVERAGE



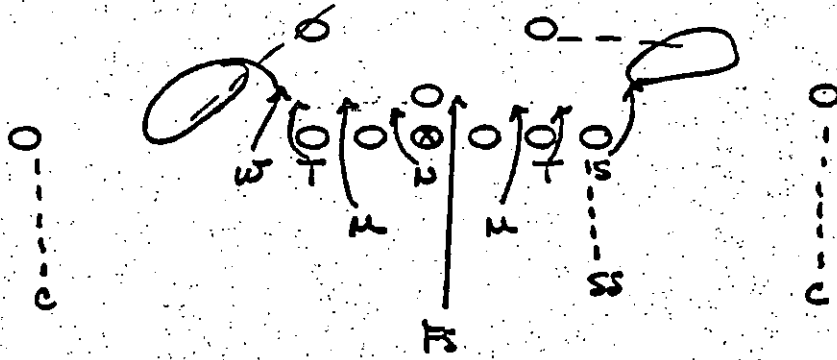
- CONCEPT:
1. 6 Man Blitz - 4 DB's in coverage with the OLB'er to the tight-end in coverage.
 2. FS handles all motion adjustments and shifts.

YELLOW COVERAGE



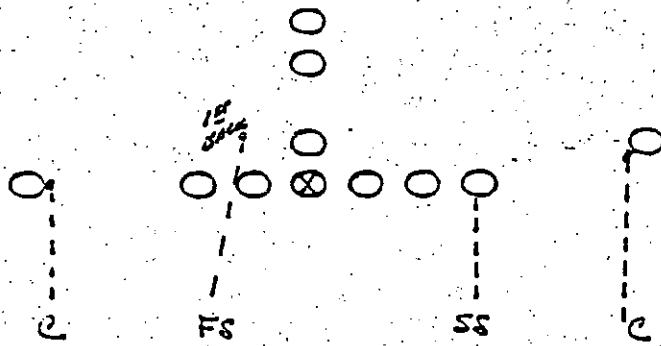
- CONCEPT:
1. 6 man blitz involving a secondary back.
 2. Coverage involves 3 remaining DB's and 1 outside and 1 inside LB'er.
 3. 20 willie is the only blitz that pulls the blitzer off vs. doubles motion.

ORANGE YELLOW

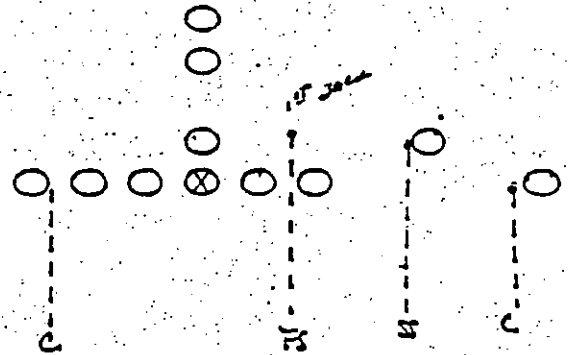


- CONCEPT:
1. 6 man blitz involving Free Safety in A gap strong with both inside LB'ers.
 2. TE in the game (2 back break) to TE secondary handles stud locks on TE. To SE side whip handles.
 3. No TE in the game (2 back break) to either side stud and whip handle.

COVERAGE



COVERAGE DESCRIPTION

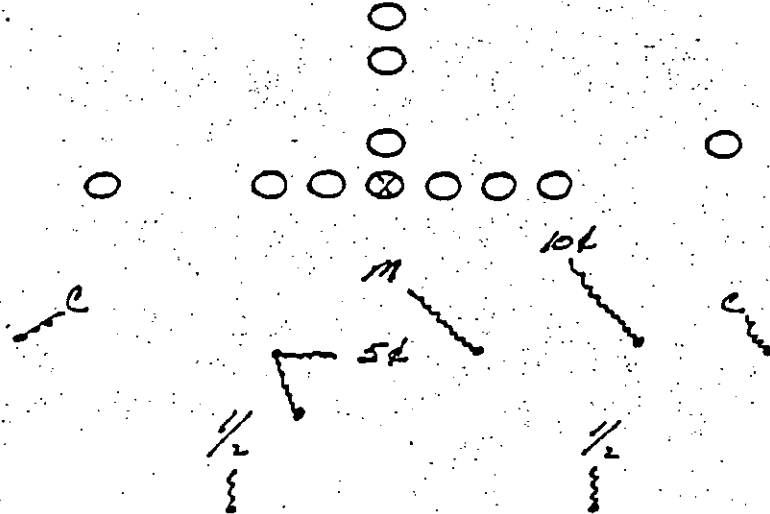


STRONG CORNER	STRONG SAFETY	FREE SAFETY	BOUNDARY CORNER
<p>S/A: 1x8</p> <p>Key: 3 step drop to man</p> <p>AOR: Pass: M/M on #1 Run: Late contain</p> <p>CP's:</p> <ol style="list-style-type: none"> 1. No middle help. 2. Squeeze short cuts first. 	<p>S/A: 1x8</p> <p>Key: 3 step to man</p> <p>AOR: Pass: M/M on #2 strong</p> <p>CP's:</p> <ol style="list-style-type: none"> 1. No middle help. 2. Squeeze short cuts first. 	<p>S/A: 1x8</p> <p>Key: 3 step to man</p> <p>AOR: Pass: M/M on #2 weak</p> <p>CP's:</p> <ol style="list-style-type: none"> 1. No middle help. 2. Squeeze short cuts first. 	<p>S/A: 1x8</p> <p>Key: 3 step to man</p> <p>AOR: Pass: M/M on #1 Run: Late contain</p> <p>CP's:</p> <ol style="list-style-type: none"> 1. No middle help. 2. Squeeze short cuts first.
2 RECEIVER LB'er	MAC	MIKE	1 RECEIVER LB'er
<p>S/A: Depends on front</p> <p>Key: Depends on front</p> <p>AOR: Depends on front</p> <p>CP's: Depends on front</p>	<p>S/A: Base depending on front</p> <p>Key: Near back</p> <p>AOR: M/M 1st back your side 2nd back away.</p> <p>CP's: Depends on front</p>	<p>S/A: Ace depending on front</p> <p>Key: Near back</p> <p>AOR: M/M 1st back your side, 2nd back away.</p> <p>CP's: Depends on front</p>	<p>S/A: Depends on front</p> <p>Key: Depends on front</p> <p>AOR: Depends on front</p> <p>CP's: Depends on front</p>

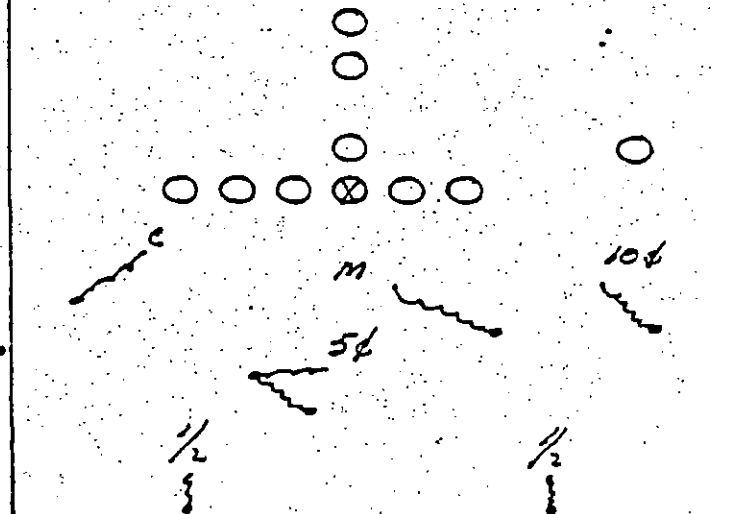
2 DEEP 1/2 FIELD COVERAGE WITH 5¢ PLAYING OFF #2 PATTERN READ WEEK SIDE. ROBBER TYPE COVER

NICKEL - 2

COVERAGE

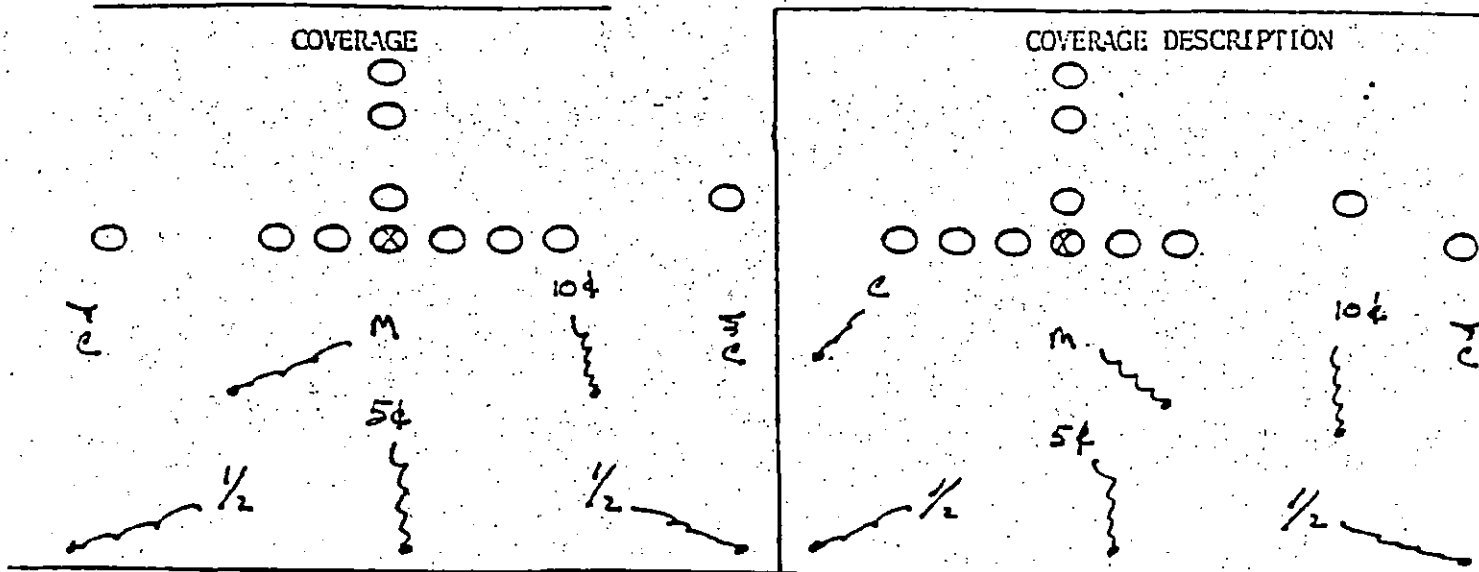


COVERAGE DESCRIPTION



C	1/2	MIKE
S/A: Same as Cover 2	S/A: Same as Cover 2	S/A: Base 4 yds. on cen
KEY: Same as Cover 2	KEY: Same as Cover 2	KEY: Center to back
A.O.R.: Same as Cover 2	A.O.R.: Same as Cover 2	A.O.R.: Pass: Drop t. ... players side. Run: A-Gap resp. to ball
C.P.: Possible Hard technique	C.P.: .	C.P.: You are a delay dropper unless #2 has in side vertical release.
Zoom- Run thru & wall #2 or #1		

5¢	10¢
S/A: WT - Center area -8yds.	S/A: Tite 9 align 1 yd off ball
KEY: Ball on/off #2 Pattern read wk. to QB eyes (hole)	KEY: Head of TE to ball for run or pass
A.O.R.: Pass: Wall #2 wk. if vertical or play QB's eyes (hole) Run: Downhill alley	A.O.R. Pass: collision #2 and wall #2 if vertic or wall #1 if #2 horizontal Run: QB on option - O-Gap
C.P.: : No back set= no adj. : Houston cover down the Y wk.	C.P.: Don't let #2 off easy. Zoom- run thru & wall #2 or #1



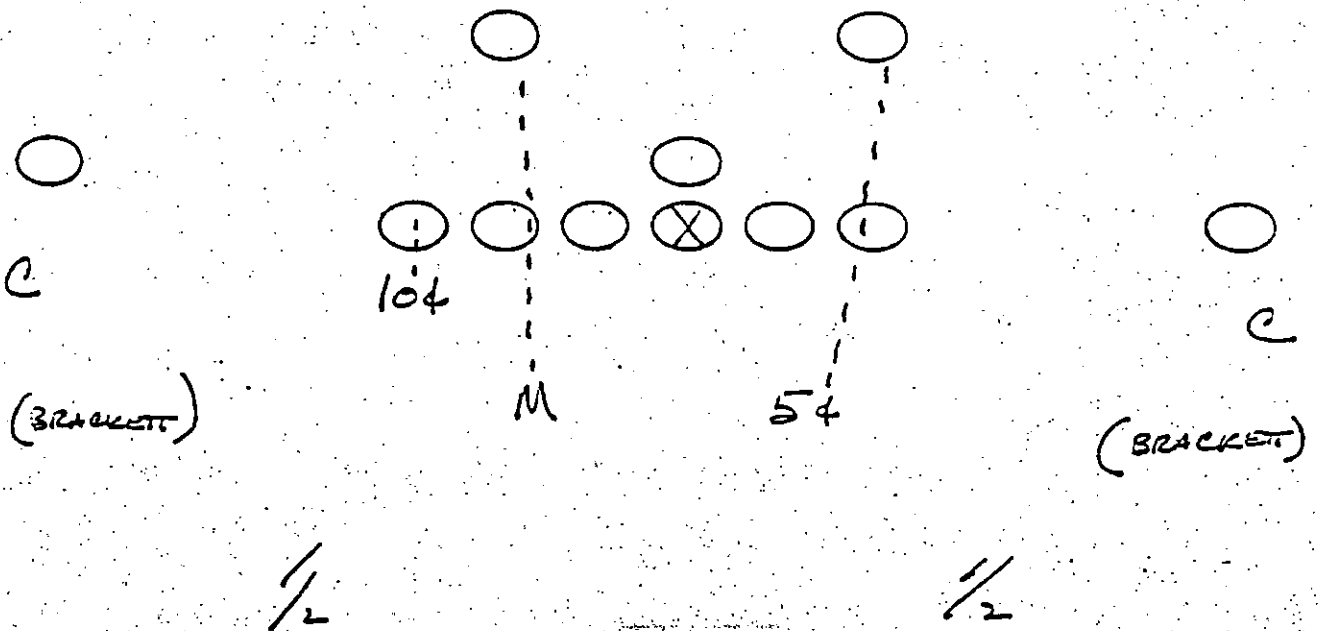
C	1/2	MIKE
<p>S/A: Same as Cover 2</p> <p>KEY: Same as Cover 2</p> <p>A.O.R.: Same as Cover 2</p> <p>C.P.: Note "Hard Technique"</p> <ol style="list-style-type: none"> Zoom -run thru wall #2 or #1 Must not cushion fade in this coverage unless not threatened. Kick vs. Back motion. 	<p>S/A: Same as Cover 2</p> <p>KEY: Same as Cover 2</p> <p>A.O.R.: Run: Same as Cover 2 Pass: Deep 1/3 execute 33 technique</p> <p>C.P.: 1.Key release of WR as you open to your area: 2.Must take fade immediately</p>	<p>S/A: Base 4 yds. on cent</p> <p>KEY: Center to back</p> <p>A.O.R.: Pass: Drop 1 rec side Run: A-Gaps to b</p> <p>C.P.: We will either: a. Wall-Y b. Key remaining back as drop to side he bloc to. This will be decided on a week-to-week basis.</p>

5¢	10¢ -
<p>S/A: WT - Center area 8 yds.</p> <p>KEY: Ball on/off and open to #2 strong on pass</p> <p>A.O.R.: Pass: Deep middle 1/3 Run: Downhill alley</p> <p>C.P.: Don't Adj. to back motion : Accelerate to D/middle & level</p>	<p>S/A: Tite 6 align 1 yd off ball</p> <p>KEY: Head of TE to ball for run or pass</p> <p>A.O.R.: Pass: Wall #2, Vertical or #1 if #2 horizontal - #2 horizontal inside area prior to hook Run: O-Gap QB option</p> <p>C.P.: 1.6-align because Mike LB is dropping Wk-side 2.Zoom-run thru & play Hard tech.-Flat</p>

NICKEL BROWN
Coverage

Same as Nickel Man except we
are playing Double Bracket
Coverage.

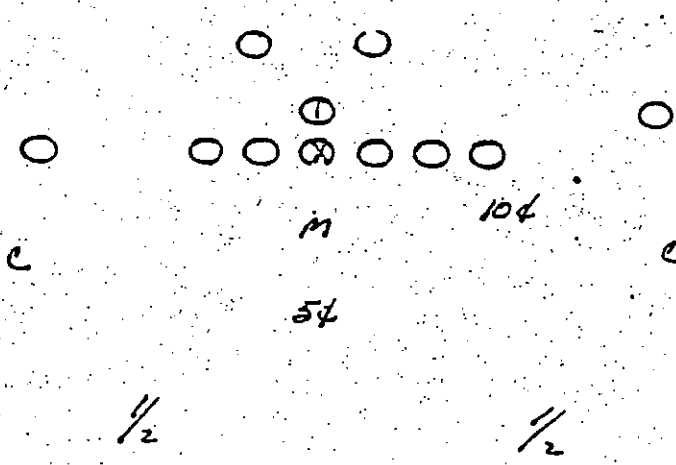
Coverage Description



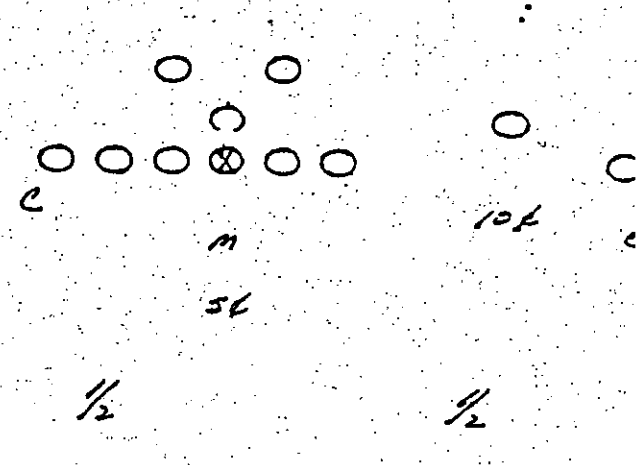
ZONE AND EXECUTED WITH A TECHNIQUE CALLED TRACK IN WHICH THE RECEIVER GOES BY & WE COVER FROM BEHIND

NICKEL-MAN

COVERAGE



COVERAGE DESCRIPTION



C	$\frac{1}{2}$	MIKE
<p>S/A: Same as Cover 2 (Head-up)</p> <p>KEY: Same as Cover 2</p> <p>A.O.R.: Pass: Funnel and track rec. Run: Same as Cover 2</p> <p>C.P.: 1.Hard technique & align vs. Twin & Slot 2.2.yd. reverse cushion & look late</p>	<p>S/A: Same as Cover 2</p> <p>KEY: Same as Cover 2</p> <p>A.O.R.:Pass: Deep $\frac{1}{2}$ Run: Late fill where needed</p> <p>C.P.: Make run calls Melt on QB eyes & shoulders</p>	<p>S/A: Base 4 yds. on cent</p> <p>KEY: Center to Back</p> <p>A.O.R.: Pass: Back out side. Run: A-Gaps to</p> <p>C.P.:</p>

5¢

10¢

S/A: WT-Center area 8 yds.

KEY: Ball on/off to #2 wk. side

A.O.R.: #2 Out Weak m/m track
#4 Out Strong m/m track

C.P.: 1.All DBL & Trips motion
*2.Hang in hole if no backs out & key QB's eyes & shoulders
3.Rob crossing routes.
4.Run -Alley either side
5.Possible slide vs. flood pass?
6.May have to play back aggressively

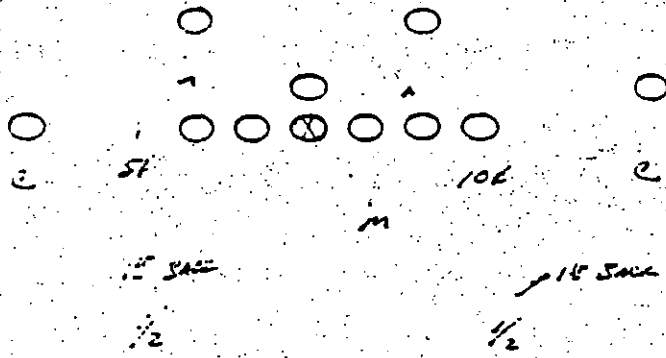
S/A: Tite 9 align on #2

KEY: Ball flow to release-if split sacks

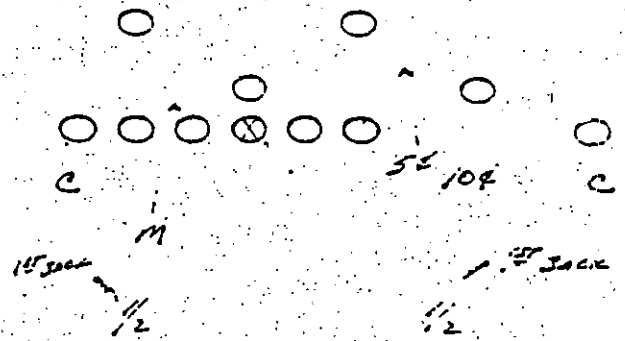
A.O.R.: Pass:
TE-inside or outside
#2 vs. Twins-Track
Run: QB-option-O-Gap

C.P.: *1.Jam TE-
2.Track tech #2 rec.
3.Sweat CB on option

COVERAGE



COVERAGE DESCRIPTION



G	1/2	MIKE
<p>S/A: Bump</p> <p>KEY: Man</p> <p>AOR: M/M</p> <p>CP: Jam inside shoulder</p>	<p>S/A: Staggered - 10 yds.</p> <p>KEY: Ball to Back</p> <p>AOR: M/M Back your side</p> <p>CP: Hug-up Technique</p>	<p>S/A: 4 yds. on center or over/under</p> <p>KEY: Ball</p> <p>AOR: Run stunt (Game Plan)</p> <p>CP: Be wild & reckless TE-shift-Kara' Y-Motion-Stay</p>

5¢

10¢

S/A: WT - Course area 8 yds. or Stack

KEY: Ball

AOR: Run stunt ((Game Plan)

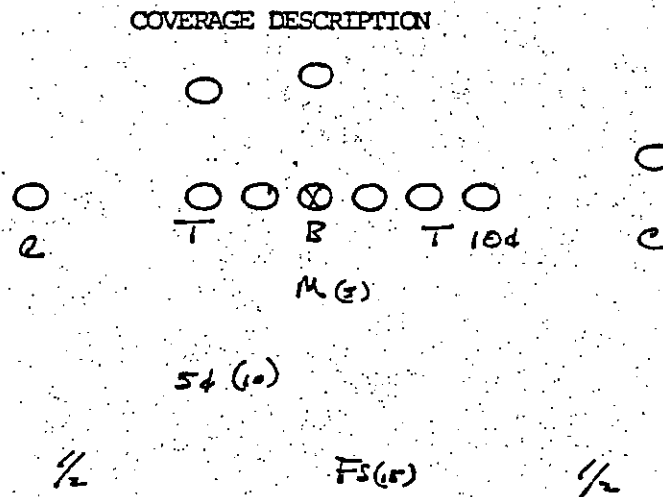
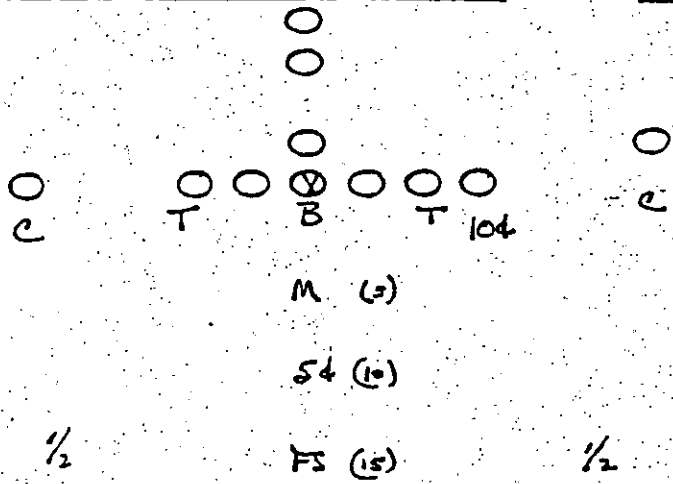
CP: Be wild & reckless.
TE Shift - Karate
Y-Motion - Stay Stunt

S/A: Tite 6 on TE (Bump) or #2

KEY: Man

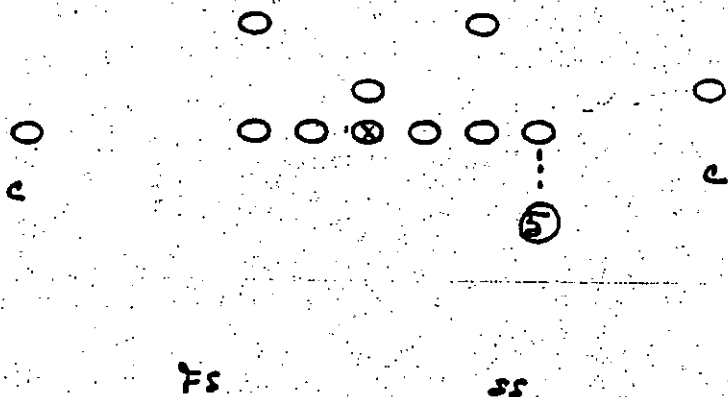
AOR: M/M or #2

CP: TE - shift walk & cover
Y-Slot Motion - run with

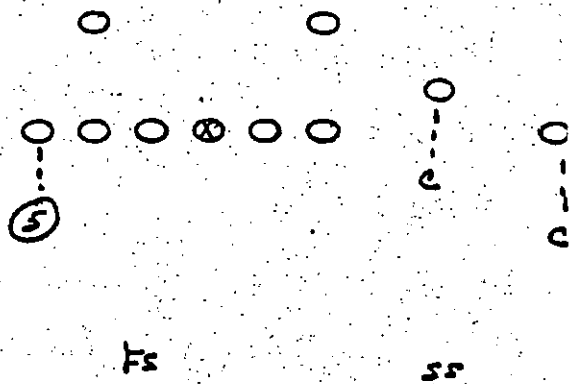


C's	10¢	5¢	1/2's
<p>S/A: Bump on wide outs</p> <p>KEY: #1 to Ball</p> <p>AOR: 3-Drop rules & cushion</p> <p>CP: Jam inside shoulder get great hold up</p>	<p>S/A: 6 Tech. on TE</p> <p>KEY: TE to Ball</p> <p>AOR: 2-Drop rules</p> <p>CP: Hold up TE</p>	<p>S/A: 10 yds. or center</p> <p>KEY: Ball on/off</p> <p>AOR: Hole/Cross Routes</p> <p>CP: 1. QB - eyes ball jump 2. Normal 5¢ Adj.</p>	<p>S/A: 15 yds. balanced</p> <p>KEY: Ball to #1</p> <p>AOR: Deep 1/3</p> <p>CP: QB - eyes for ball jump</p>
FS (7th BACK)	MIKE	BRUIN	TACKLE'S
<p>S/A: 15 yds. on Ball</p> <p>KEY: Ball to #2</p> <p>AOR: Middle 1/3</p> <p>CP: QB - eyes for ball jump</p>	<p>S/A: 5 yds. or Cover</p> <p>KEY: Ball to TE</p> <p>AOR: 2-Drop rules</p> <p>CP: No Delay Tech.</p>	<p>S/A: "O" Tech.</p> <p>KEY: Ball</p> <p>AOR: Depends on front</p> <p>CP: Relentless pressure</p>	<p>S/A: 5 Reckless</p> <p>KEY: Ball</p> <p>AOR: Depends on front</p> <p>CP: Relentless pressure</p>

5 BACKS-2 MAN
COVERAGE

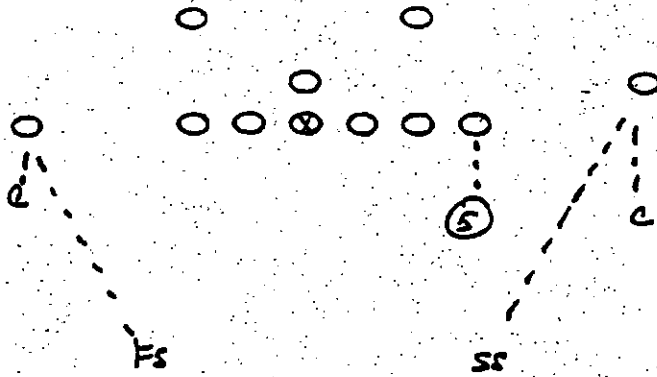


TRACK COVERAGE-2 DEEP
COVERAGE DESCRIPTION

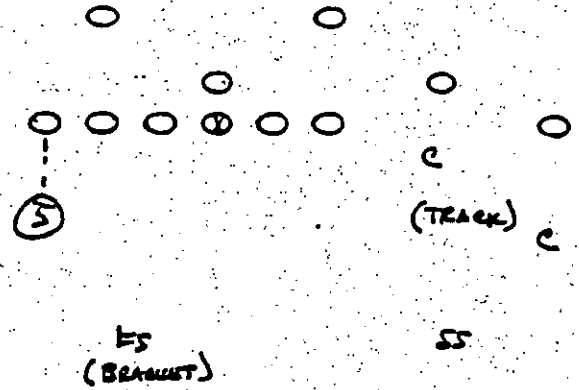


STRONG CORNER	STRONG SAFETY	FREE SAFETY	BOUNDARY CORNER
S/A: Bump	S/A: Same as 2	S/A: Same as 2	S/A: Bump
KEY: #1 to Ball	KEY: Same as 2	KEY: Same as 2	KEY: #1 to Ball
A.O.R.: Track #1	A.O.R.: Same as 2	A.O.R.: Same as 2	A.O.R.: Track #1
C.P.: C's flip vs. Twins	C.P.:	C.P.:	C.P.: C's flip vs. T
STUD	MAC	MIKE	WHIP
S/A: Based on Front	S/A: 4-40 on TE or Solid	S/A: Bsd on Front	S/A: Based on Fron
KEY: Based on Front	KEY: TE to Ball	KEY: Bsd on Front	KEY: Based on Fron
A.O.R.: Rush	A.O.R.: Track TE or #2	A.O.R.: Track #3 St.	A.O.R.: Track #2 W

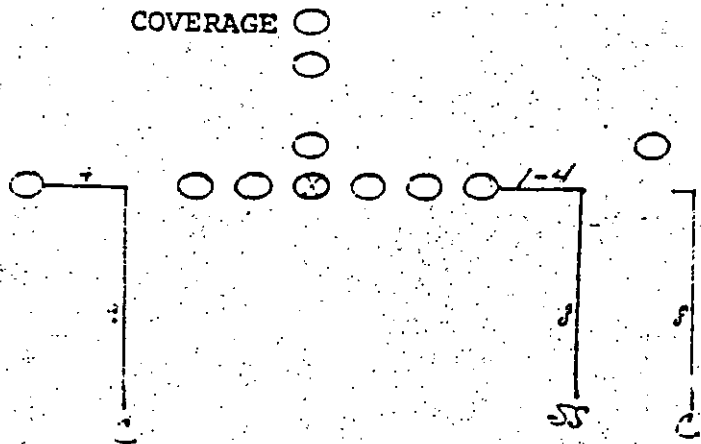
5-BACKS-BROWN
COVERAGE



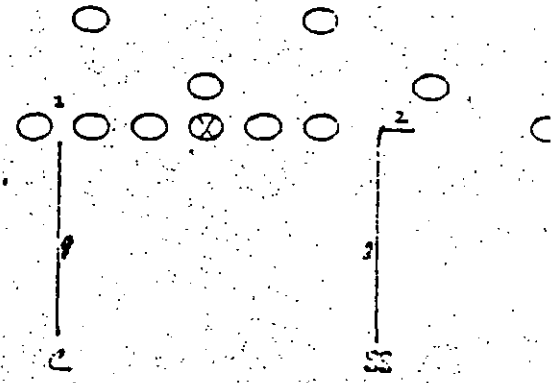
BRACKET COVERAGE - 2 DEEP
COVERAGE DESCRIPTION



STRONG CORNER	STRONG SAFETY	FREE SAFETY	BOUNDARY CORNER
S/A: Bump	S/A: Same as 2	S/A: Same as 2	S/A: Bump
KEY: #1 to Ball	KEY: Same as 2	KEY: Same as 2	KEY: #1 to Ball
A.O.R.: Bracket #1	A.O.R.: Bracket #1	A.O.R.: Bracket #1	A.O.R.: Bracket #1
C.P.: Track to Twins	C.P.: Track to Twins	C.P.: Track to Twins	C.P.: Track to Twins
STUD	MAC	MIKE	WHIP
S/A: Based on Front	S/A: 4 YD or TE or Solid	S/A: Bsd on Front	S/A: Based on Front
KEY: Based on Front	KEY: TE to Ball	KEY: Bsd on Front	KEY: Based on Front
A.O.R.: Rush	A.O.R.: M/M on TE or #2	A.O.R.: M/M on #3 Strong	A.O.R.: M/M on #2 W



COVERAGE DESCRIPTION

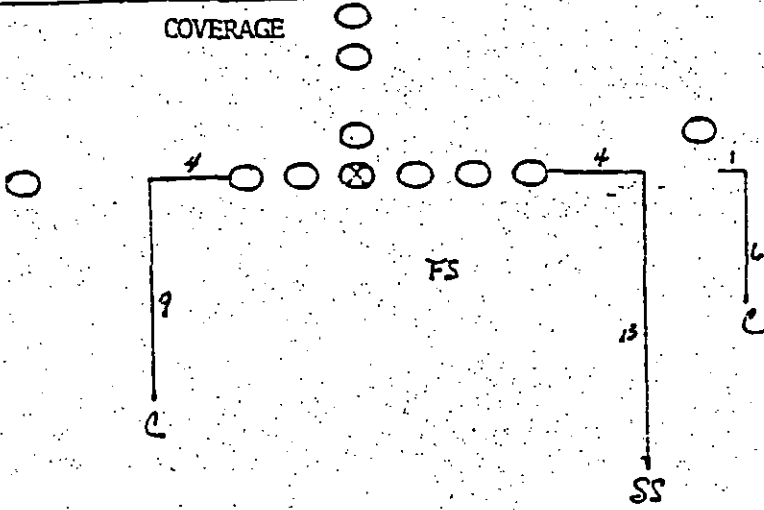


STRONG CORNER	FREE SAFETY	BOUNDARY CORNER
<p>S/A: 1x8 on WR</p> <p>KEY: Ball on/off #1</p> <p>A.O.R.: Outside 1/3</p> <p>C.P.: Play pass 1st Run 2nd</p>	<p>S/A: (1-4x8) or #2 (2x8 inside #2 vs. Twin)</p> <p>KEY: Ball on/off #2</p> <p>A.O.R.: Middle 1/3 Thunder Fill</p> <p>C.P.: Play deep to short</p>	<p>S/A: 4x9 inside on WR 2x9 inside TE</p> <p>KEY: Ball on/off #1</p> <p>A.O.R.: Outside 1/3</p> <p>C.P.: Play Fade Weak very quick</p>

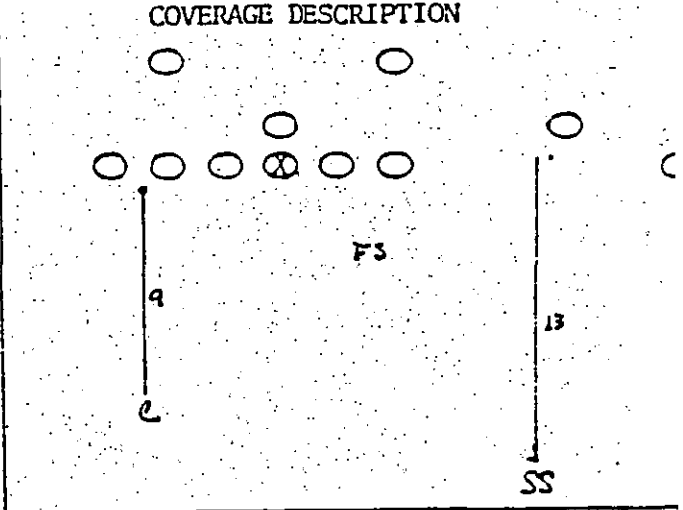
STUD	MAC	MIKE	WHIP
<p>S/A: ¼ Eagle Loose 9</p> <p>KEY: TE</p> <p>A.O.R.: Same as Cov. 5</p> <p>C.P.: Same as Cov. 5</p>	<p>S/A: Base</p> <p>KEY: Near back</p> <p>A.O.R.: Same as Cov.5</p> <p>C.P.:</p>	<p>S/A: Base</p> <p>KEY: Near Back</p> <p>A.O.R.: Same as Cov.5</p> <p>C.P.:</p>	<p>S/A: ¼ Eagle Walk or Coverdown</p> <p>KEY: Ball</p> <p>A.O.R.:</p> <p>C.P.: Responsibility shown above is applicable to Pro formation.</p>

66

COVERAGE

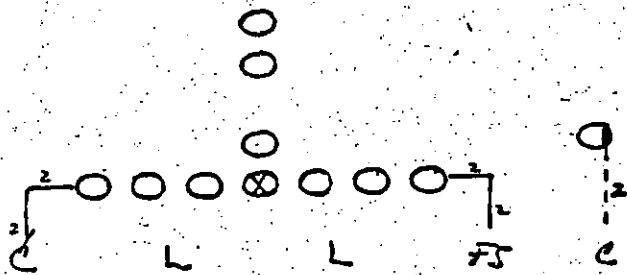


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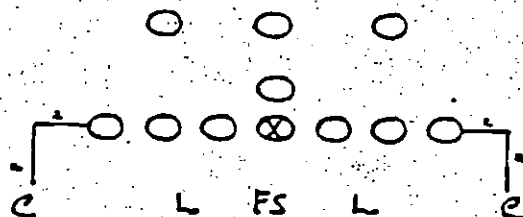


STRONG CORNER	STRONG SAFETY	FREE SAFETY	BOUNDARY CORNER
<p>S/A:</p> <p>KEY:</p> <p>A.O.R.: (Same (as (Cover 6</p> <p>C.P.:</p> <p>*Hash mark coverage</p>	<p>S/A: 4x13 on TE</p> <p>KEY: Ball on/off To WR release</p> <p>A.O.R.: Deep $\frac{1}{2}$ Secondary Fill</p> <p>C.P.: 1. Motion just slide coverage the other way.</p>	<p>S/A: $\frac{1}{2}$ Eagle 4 yds-B-Gap</p> <p>KEY: Back to tackle</p> <p>A.O.R.: Hook & ball TE B-Gap</p> <p>C.P.: 1. Sec. Contain</p>	<p>S/A: (1x9) on off tackl 1x9 inside TE (ha 1x9 outside TE (middle)</p> <p>KEY: (same</p> <p>A.O.R.: (as (Cover 6</p> <p>C.P.:</p>
STUD	MAC	MIKE	WHIP
<p>S/A: Base</p> <p>KEY: TE</p> <p>A.O.R.: (Same</p> <p>C.P.: (as (Cover 2 Twins</p>	<p>S/A: Base</p> <p>KEY: Near back</p> <p>A.O.R.: Same as Cover 2</p> <p>C.P.:</p>	<p>S/A: Base</p> <p>KEY: Near back</p> <p>A.O.R.: Same as Cover 2</p> <p>C.P.:</p>	<p>S/A: Heads or Cover Down</p> <p>KEY: Based on Formation</p> <p>A.O.R.: Based on Format:</p> <p>C.P.: vs. Twins=Vert. Stretch vs. Pro= Fade, Y Under, Flat Alert #2 Deep vs. Pro</p>

COVERAGE



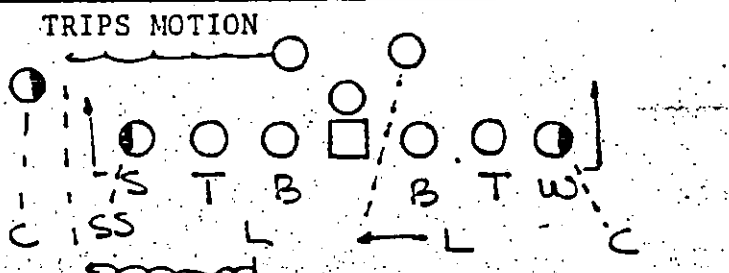
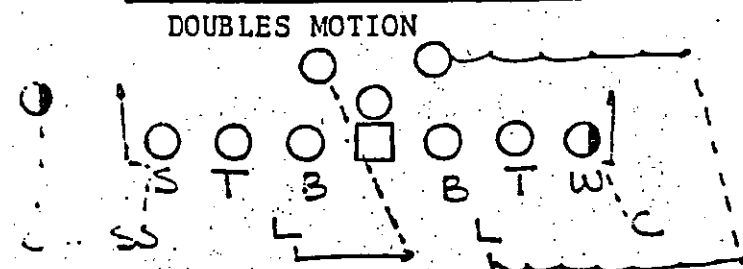
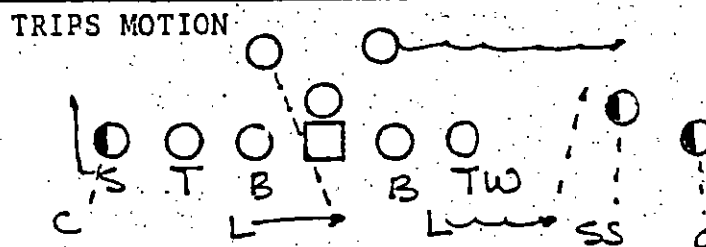
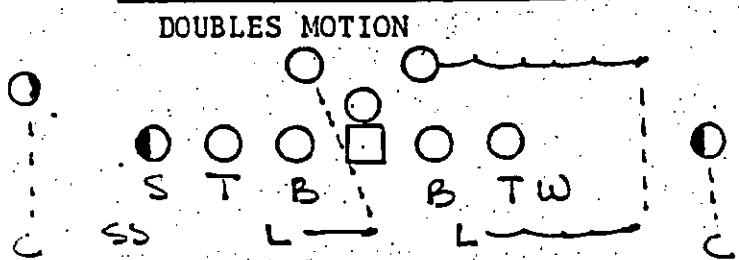
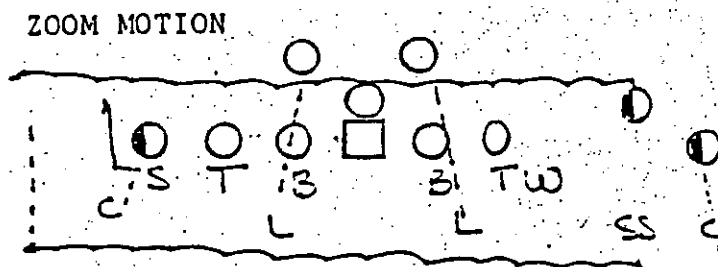
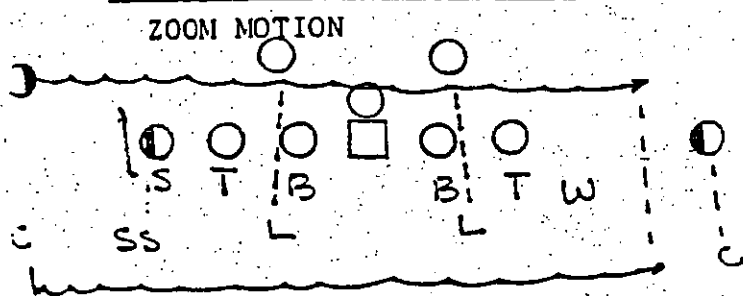
COVERAGE DESCRIPTION



STRONG CORNER	STRONG SAFETY	FREE SAFETY	BOUNDARY CORNER
<p>S/A: Boundary position 2 yds. off and slightly outside (2x2 on TE)</p> <p>Key: 4-man</p> <p>AOR: DB/pass = 1/5's Flow/pass = 1/5's</p> <p>CP's:</p> <ol style="list-style-type: none"> 1. Never drop deeper than 5 yds. into end zone. 2. Flood pass take deepest in 1/5. 3. <u>Mirror Jam</u> outside shoulder. 	<p>S/A: 2x2 on TE Press on slot</p> <p>Key: Ball flows/man</p> <p>AOR: DB/pass = 1/5 Flow/pass = invert</p> <p>CP's:</p> <ol style="list-style-type: none"> 1. Never deeper than 5 yds. in end zone. 2. Flood—mid— 3. 3 back-set align in middle and handles all motion. 	<p>(Substitution out of ball game)</p>	<p>S/A: Press position 2 yds off and slightly outside (2x2 on TE)</p> <p>Key: Man/ball</p> <p>AOR: DB/pass = 1/5's Flow/pass = 1/5's</p> <p>CP's:</p> <ol style="list-style-type: none"> 1. Never drop deeper than 5 yds. into end zone. 2. Flood pass take 3. <u>Mirror Jam</u> outside shoulder.
<p>2 RECEIVER LB'ER</p>	<p>MAC</p>	<p>MIKE</p>	<p>1 RECEIVER LB'ER</p>
<p>S/A: Front called</p> <p>Key: Front called</p> <p>AOR: Front called</p> <p>CP:</p>	<p>S/A: Base 4½ yds.</p> <p>Key: Near back</p> <p>AOR: DB = 1/5 Flow = 1/5</p> <p>CP:</p>	<p>S/A: Base 4½ yds.</p> <p>Key: Near back</p> <p>AOR: DB = 1/5 Flow = invert Same as SS does</p> <p>CP:</p>	<p>S/A: Front called</p> <p>Key: Front called</p> <p>AOR: Front called</p> <p>CP:</p>

GOAL LINE COVERAGE

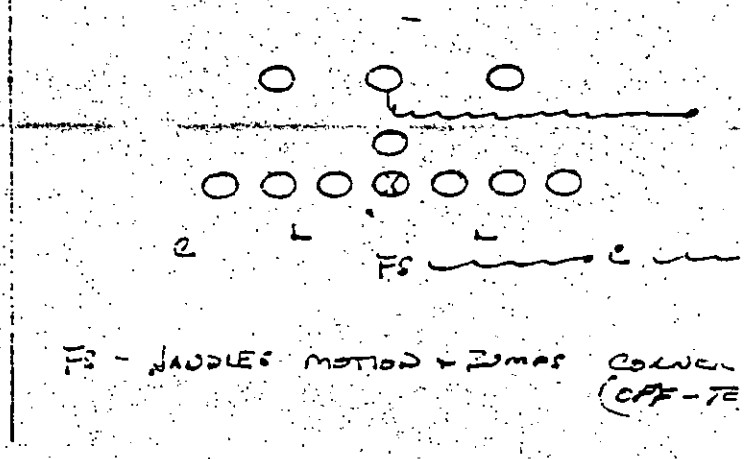
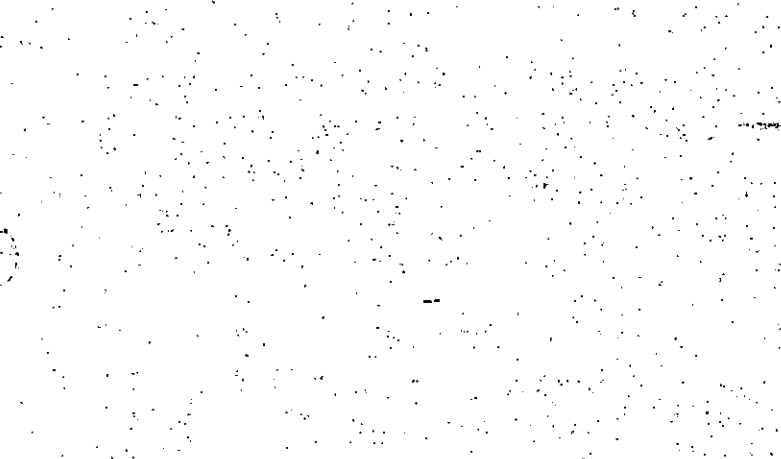
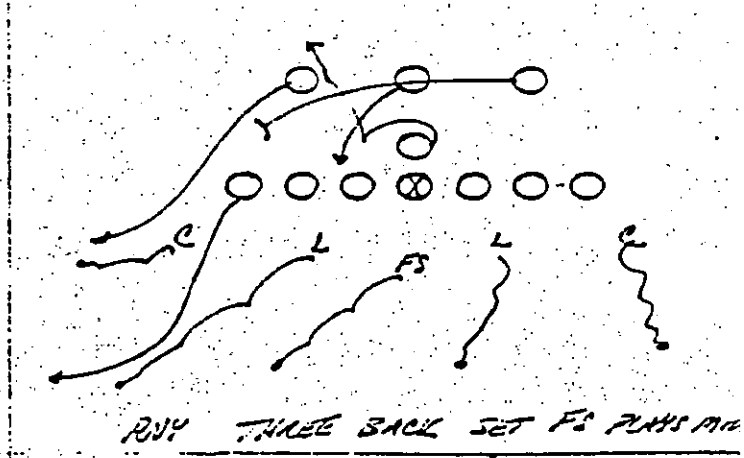
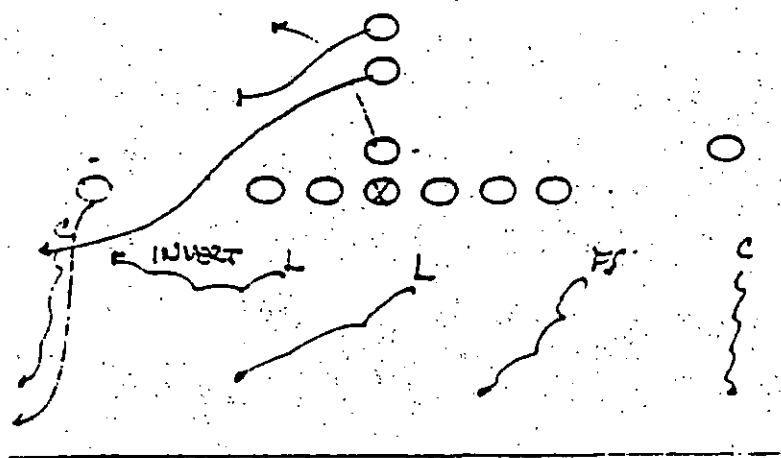
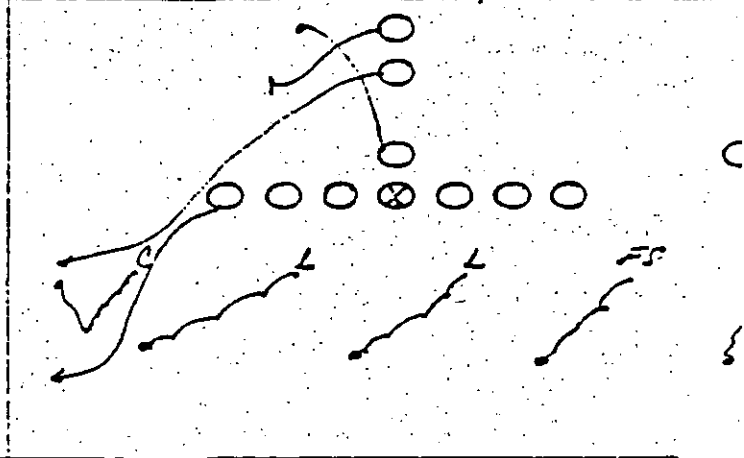
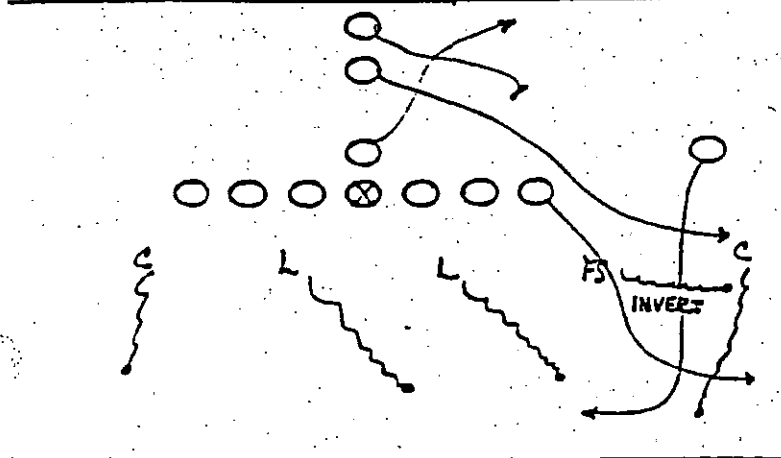
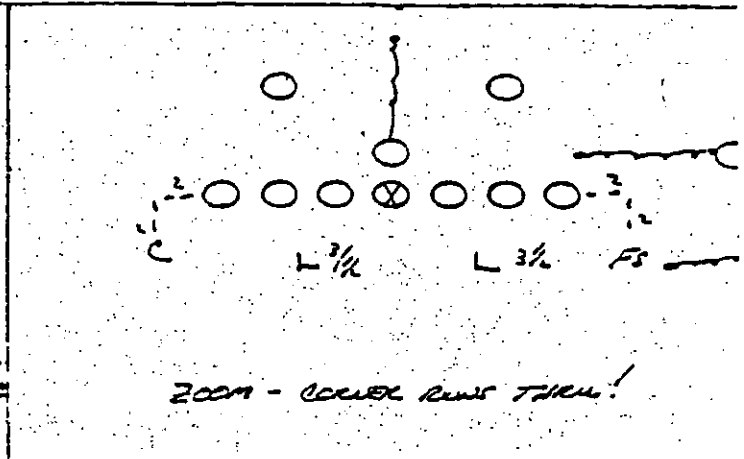
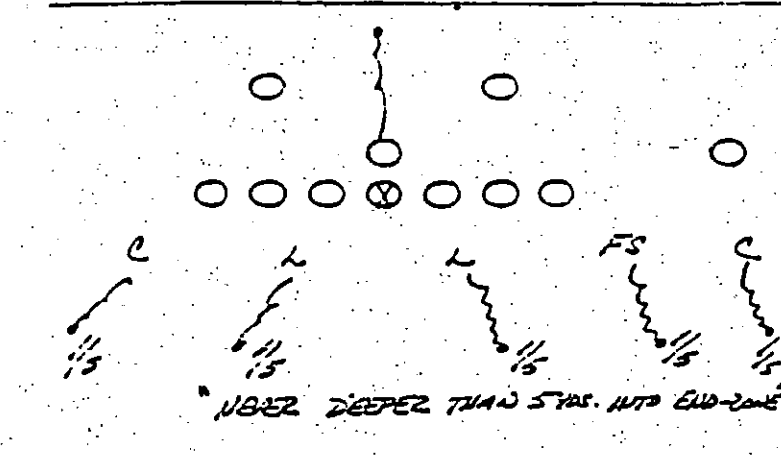
MAN

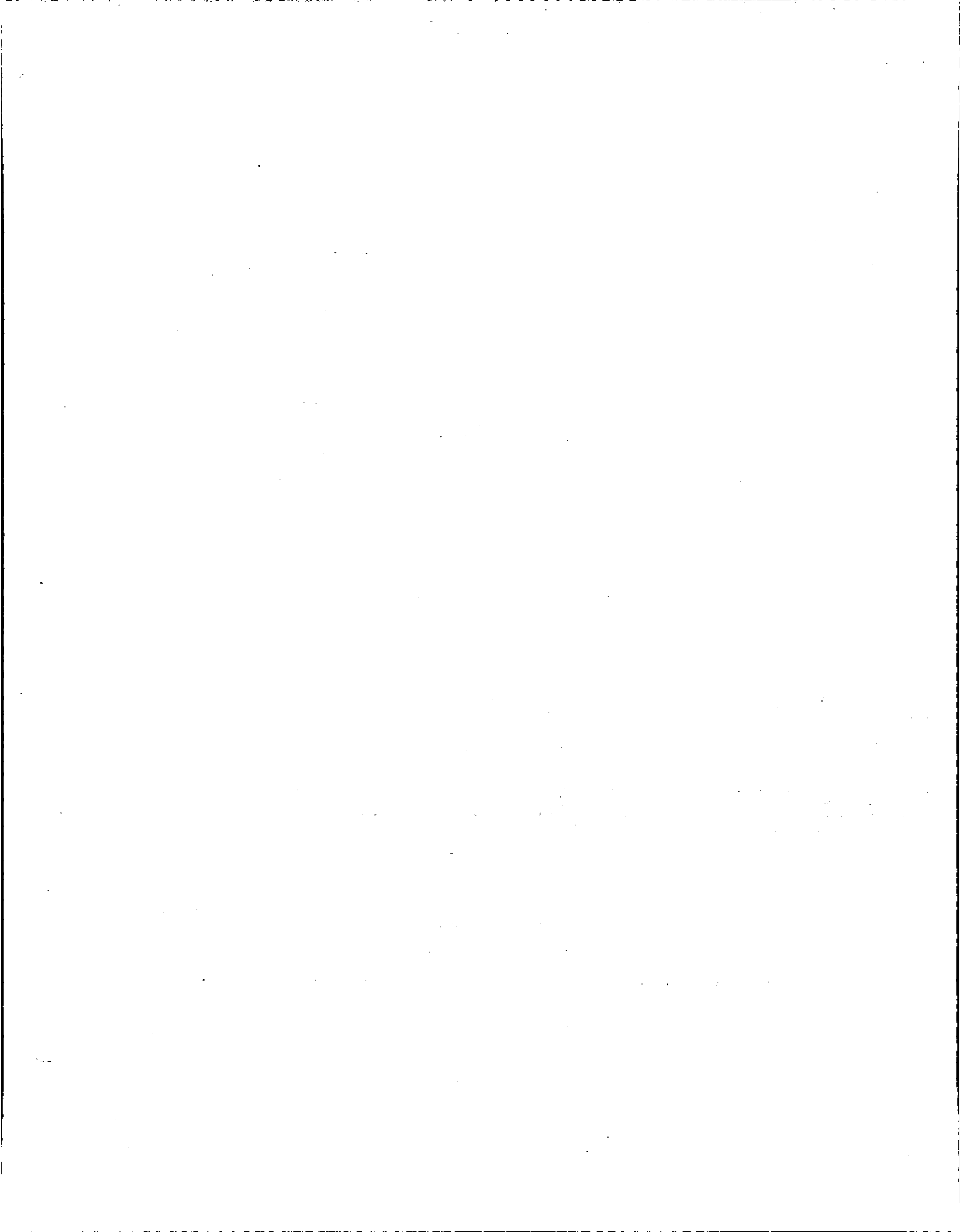


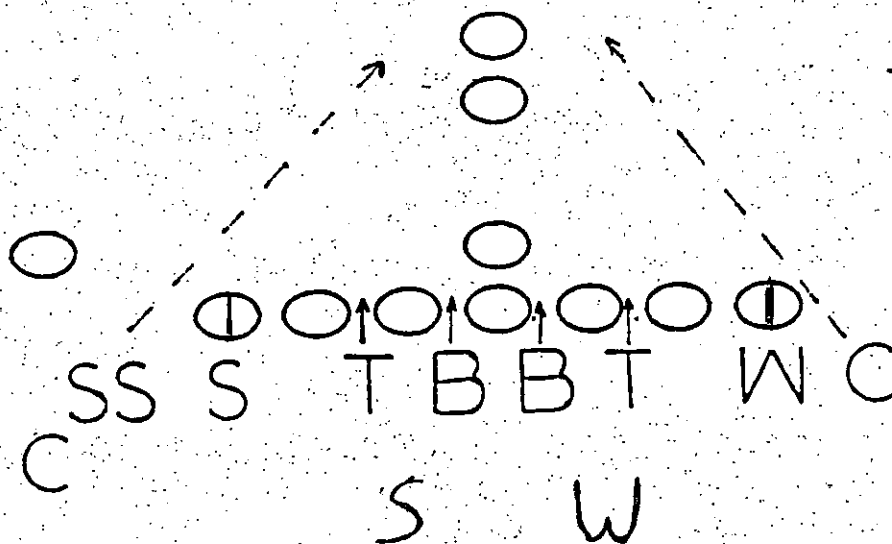
MOTION RULES

1. ZOOM MOTION - Secondary make all adjustments. Run with your man, no exchange.
2. DOUBLES MOTION - ILBer to side of motion run with motion back. Run in front of secondary in base alignments. Run behind secondary when they are in bump alignment. Offside LBer slide to middle.
3. TRIPS MOTION - Same as above.

GOAL LINE ZONE







BRUINS: From Blue Alignment go to Red for penetration. Stop sneak.

TACKLES: From "5" Alignment move to "B" Gap for penetration.

STUD AND WHIP: Cover TE M/M. Split end you run the Stunt.

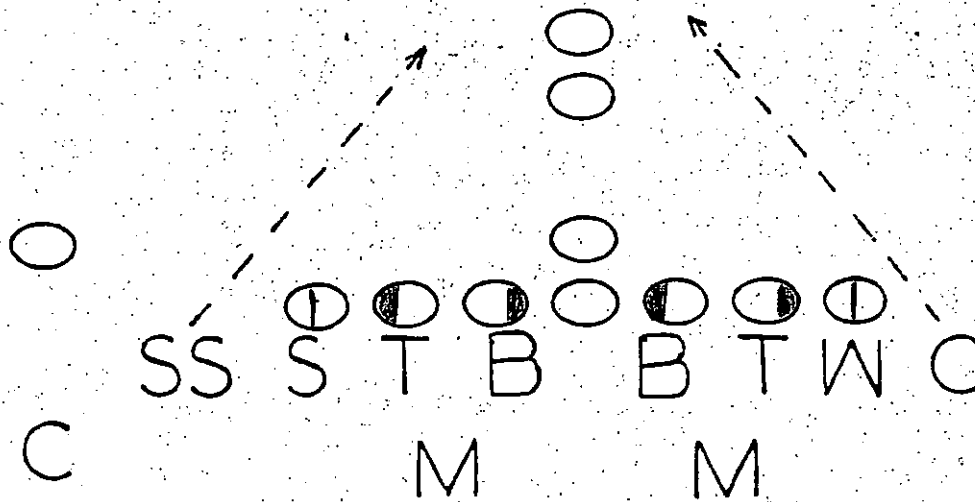
MAC AND MIKE: Line up stacked in B Gap, key flow, action to take "C-O" Gap, flow away, responsible for "A" Gap away.

SS: Go to Strength of formation, run pitch and contain Stunt 2 yards outside imaginary veer back.

CORNER: If you have a Y on 1 receiver side, line up on the line and run pitch and contain Stunt. SE your side cover M/M and OLB run Stunt.

81 BLAZE MAN

Blaze will be run from a normal 81 alignment. OLB's have contain.



Stud and Whip:

1. Cover TE m/m
2. Split-end you run the stunt

SS:

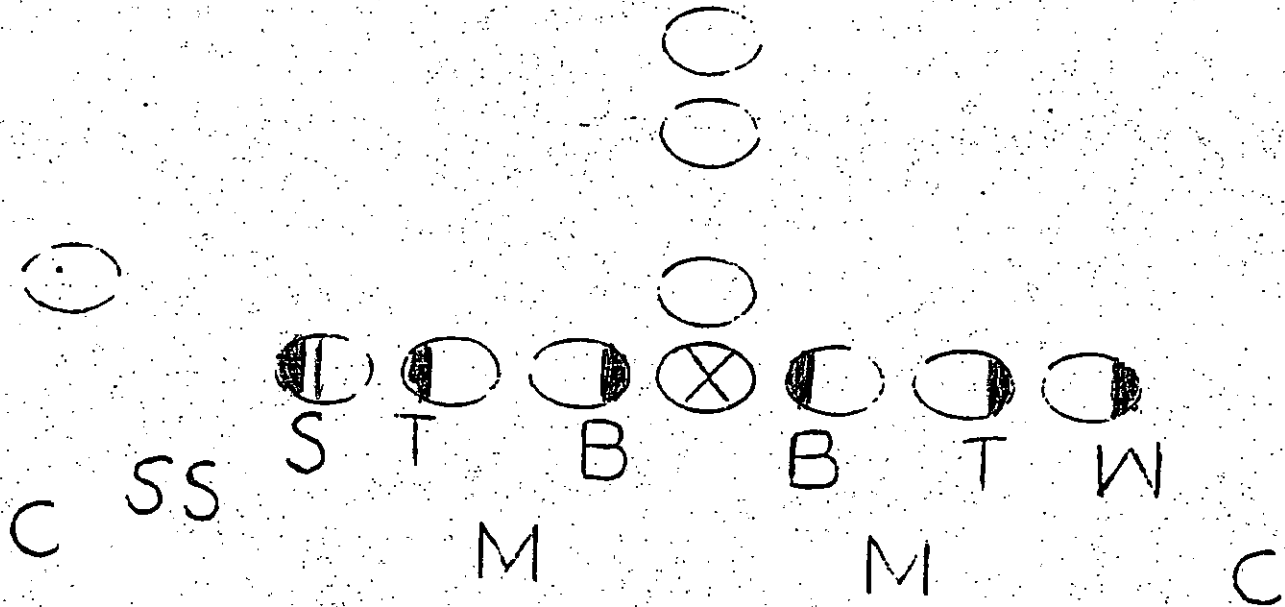
1. Go to strength of formation
2. Run pitch contain stunt 2 yards outside imaginary veer back

Corner:

1. If you have a Y on the 1 receiver side, line up on the line and run pitch and contain stunt
2. SE your side cover m/m on X and OLB run stunt

All other players:

Execute the front .



BRUINS:

40 Alignment and Technique.

TACKLES:

"5" Alignment and Technique.

MAC AND MIKE:

Base technique players. On pass action take inside zone drops. ILB to split end side must invert if back comes out your side.

STUD AND WHIP:

Align in tight "9" technique and play front.

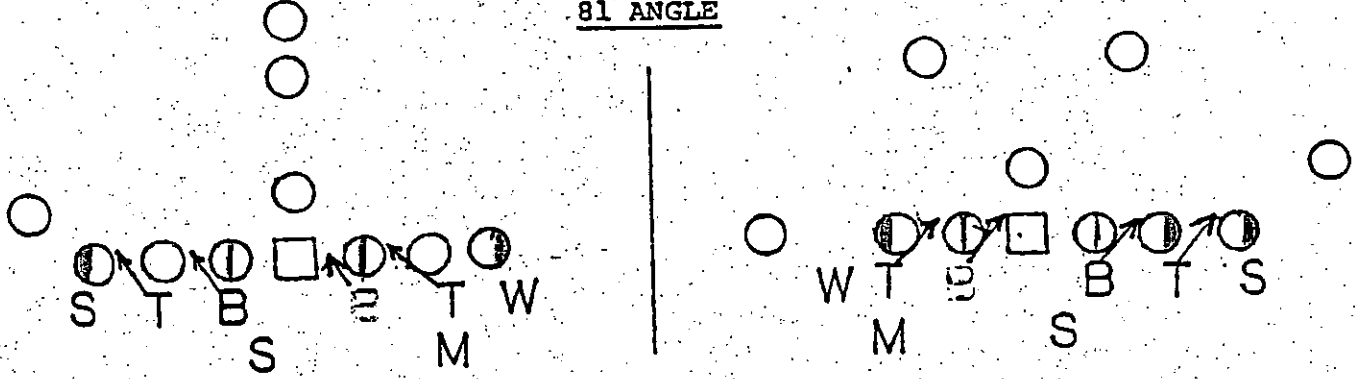
SS:

On pass action, will invert and play underneath corner on strong side.

CORNERS:

On pass action, responsible for outside zone strong and weak. On split end side, cover SE M/M.

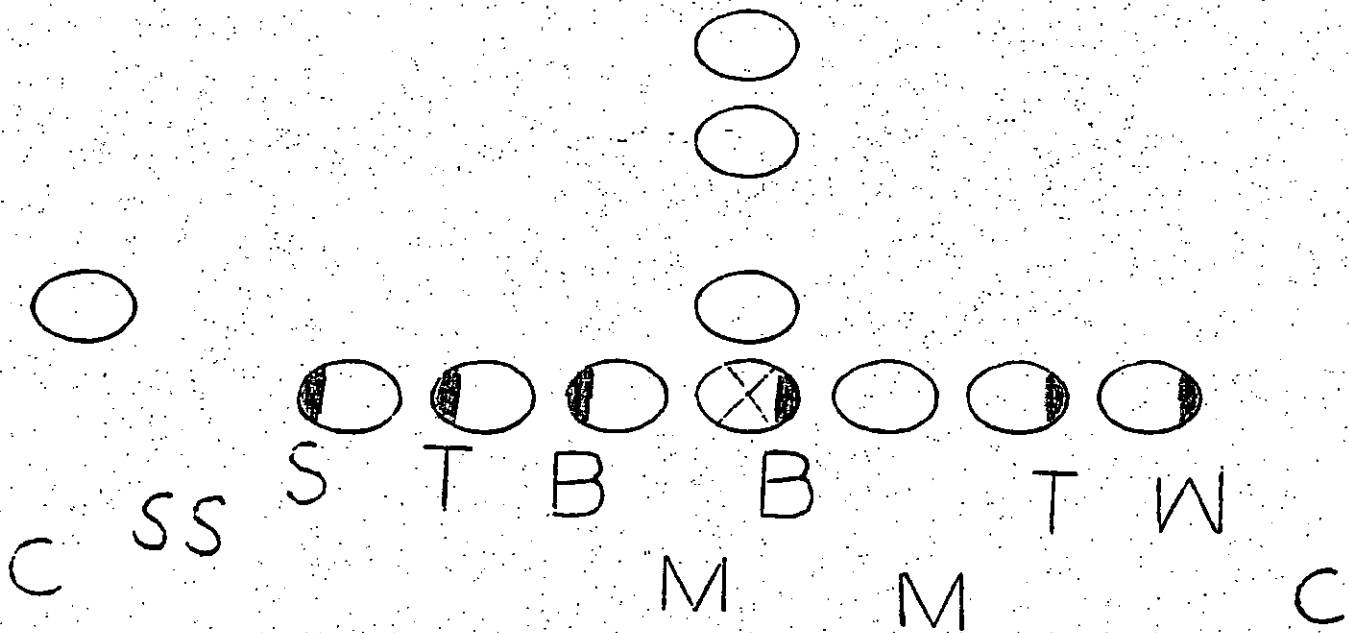
81 ANGLE



- NOTES: 1. Substitution requires "play it" call
 2. Can "play it" without substitution
 3. No "play it" use 50 check rules

STRONG TACKLE	STRONG BRUIN & WEAK BRUIN	WEAK TACKLE
S/A: Tight "5"	S/A: Base "2"	S/A: Tight "5"
Key: Ball/Offensive tackle	Key: Ball/Offensive guard	Key: Ball/Offensive tackle
Resp: "C" Gap Away - Collapse	Resp: "B" Gap strong Strong Bruin "A" Gap weak Weak Bruin	Resp: "B" Gap
Tech: Loop visual key - Tackle pressure key - TE	Tech: Angle visual key -tackle (Bruin) pressure key - guard	Tech: Veer visual key - guard pressure key -tackle
Coaching Points: -Can't get hooked	Coaching Points: visual key -center pressure key -guard (Weak Bruin)	Coaching Points: -Can't get cut off

STUD	SAFETY	MIKE	WHIP
S/A: 1/4 Eagle -9"	S/A: 1/4 Eagle "A" Gap	S/A: 1/4 Eagle Stacked behind tackle	S/A: 1/4 Eagle -9"
Key: Tight end	Key: Back	Key: Back to Y	Key: Tight end
Resp: To: "O" Gap Away: visual contain	Resp: To: "A" Gap Away: "A" Gap to ball	Resp: To: "C"-"O" depends on block of T.E. Away: chase ball leverage	Resp: To: Force Away: visual contain
Tech: Loop	Tech: Ace	Tech: Cross	Tech: Anchor
Coaching Points:	Coaching Points:	Coaching Points:	Coaching Points:



BRUINS: Bruin to the call align in a "3" technique. Bruin away from call will align in shade on center opposite the call.

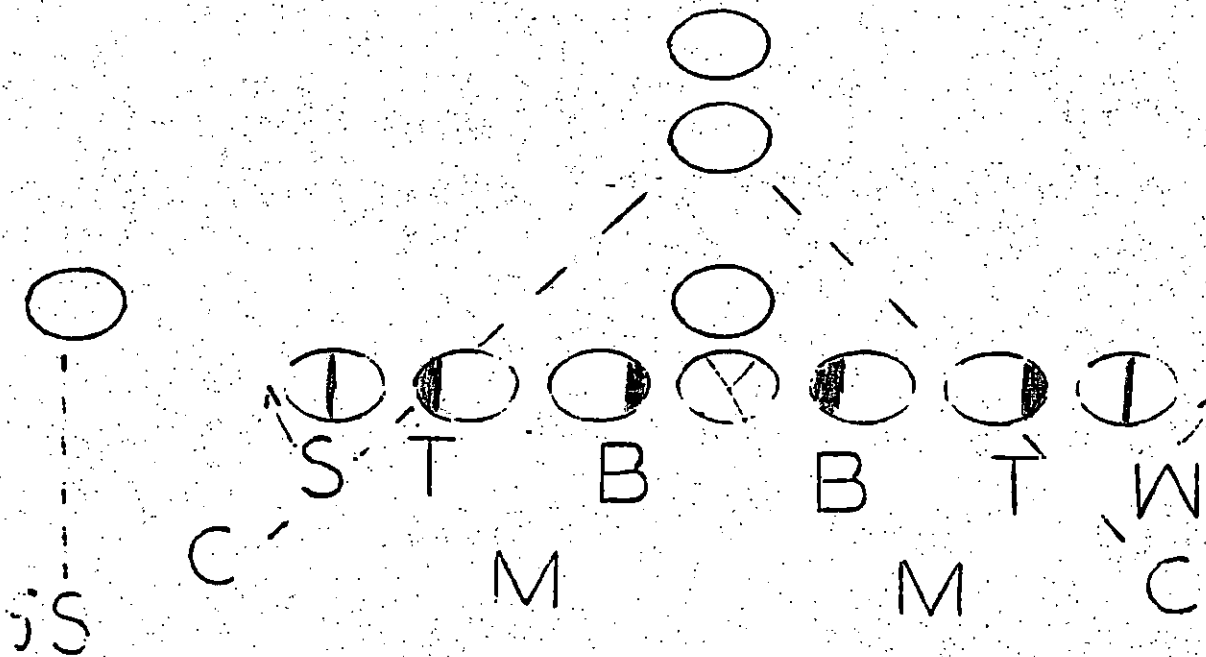
TACKLES: Align in "5" technique and play front.

STUD AND WHIP: Align in a "6" technique and play front.

MAC: Line up in A gap. Ace technique LB'er.

MIKE: Line up in B gap. Base technique LB'er.

SECONDARY: Execute front and coverage called.



BRUINS: Alignment and technique same as 40.

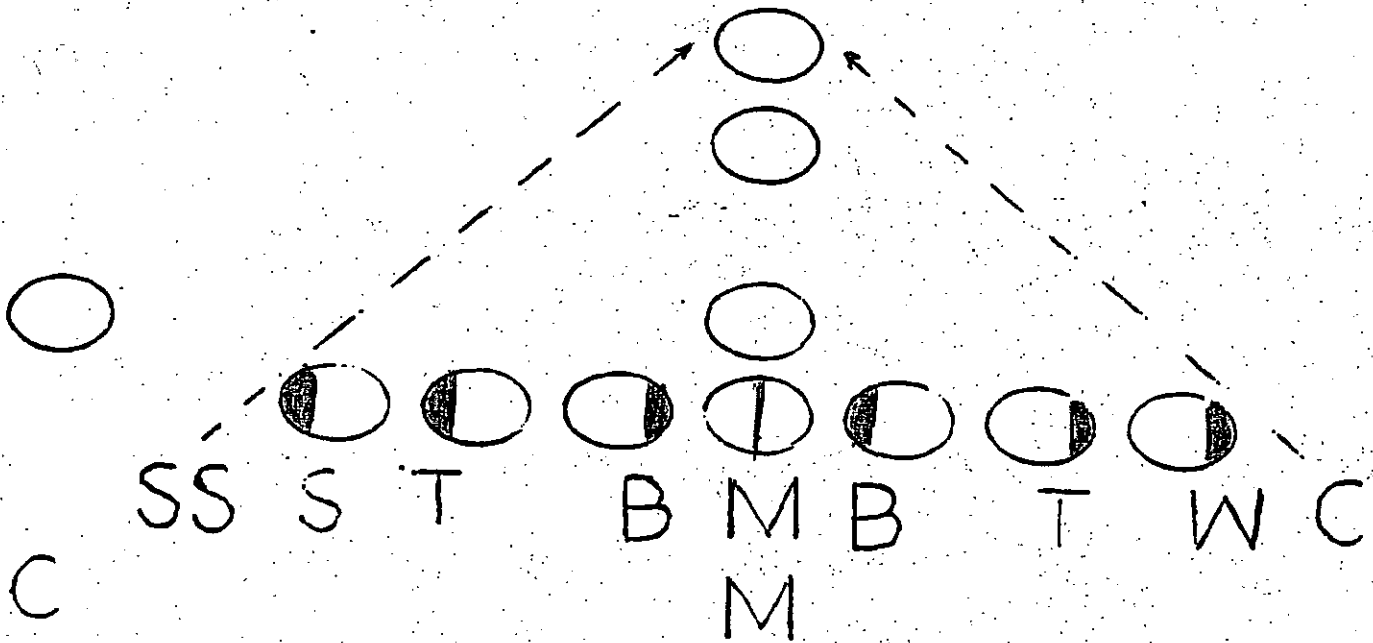
TACKLES: Jam technique, get penetration.

STUD AND WHIP: Loop thunder force.

MAC AND MIKE: Fill inside tackle on ISO.
Fill outside tackle on sweep or off tackle.

CORNERS: Come under FB on all plays other than ISO.

ADJUSTMENTS: Fire off if end is split over 5 yards. Corner cover M/M and OLB'er run the stunt.



BRUINS:

40 Alignment and Technique charge through outside knee of the Guards.

TACKLERS:

4-eye alignment and technique.

MAC:

4-point stance driving through the crotch of the center. Stop the sneak and inside dive.

MIKE:

4 yards deep, key QB and knock him back.

STUD AND WHIP:

Cover TE M/M. Split end you run the stunt.

SS:

1. Go to strength of formation.
2. Run pitch contain stunt 2 yards outside imaginary veer back.

CORNER:

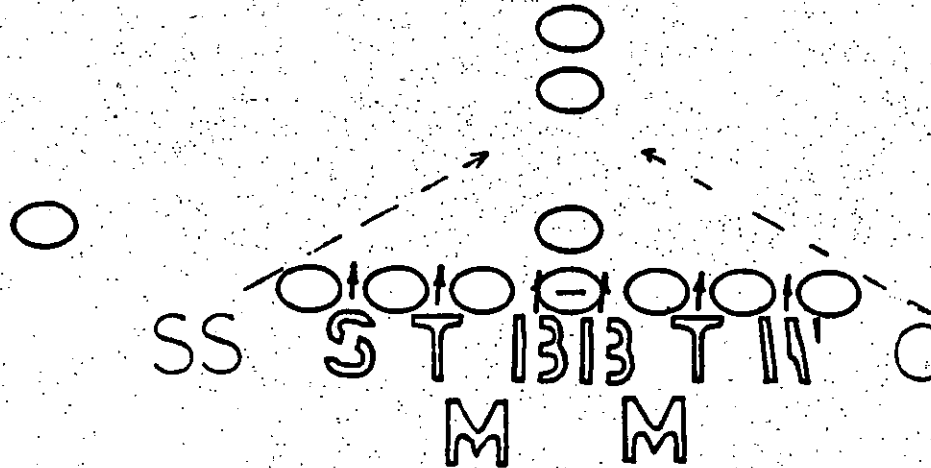
1. Cover 2 M/M.
2. If you have a Y on the 1 receiver side, line up on the line and run pitch contain stunt.
3. SE your side cover M/M on X and OLB will run stunt.

ALL OTHER PLAYERS:

Execute the front.

GOAL LINE CHANGE UPS

1. GAPS - HOG (FULL LINE INSIDE PENETRATION)



BRUINS: From Blue Alignment go to Red for penetration. Stop sneak.

TACKLES: From "5" Alignment, move to "B" gap for penetration.

STUD AND WHIP: From "6" Alignment, move to a 3 point stance in "C" gap for penetration.

MAC AND MIKE: Align according to backfield set, key flow to take C to "O" gap, on flow away, responsible for "A" gap away.

SECONDARY: Play goal line coverage called

HOG: Perimeter stunt to TE, QB aiming point, QB on option (man coverage).

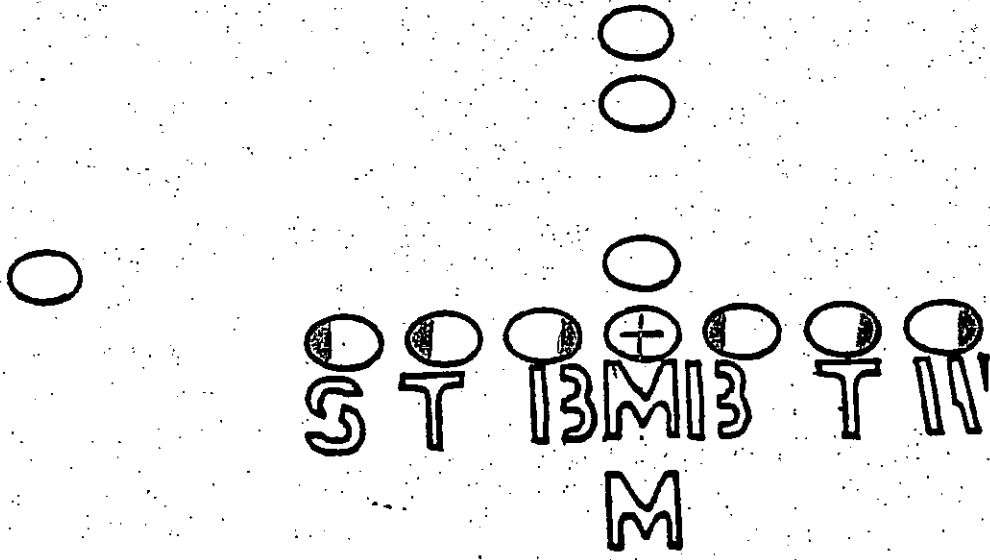
BLAZE:

3. DIAMOND

Mac - Knee charging Center

Bruins in Blue with a knee charge

Purpose: Stop the sneak and inside dive



Bruins:

1. In a Blue charging through outside knee of the Guards.

Mac:

1. 4-point stance driving through the crotch of the Center
2. He cannot get any movement.

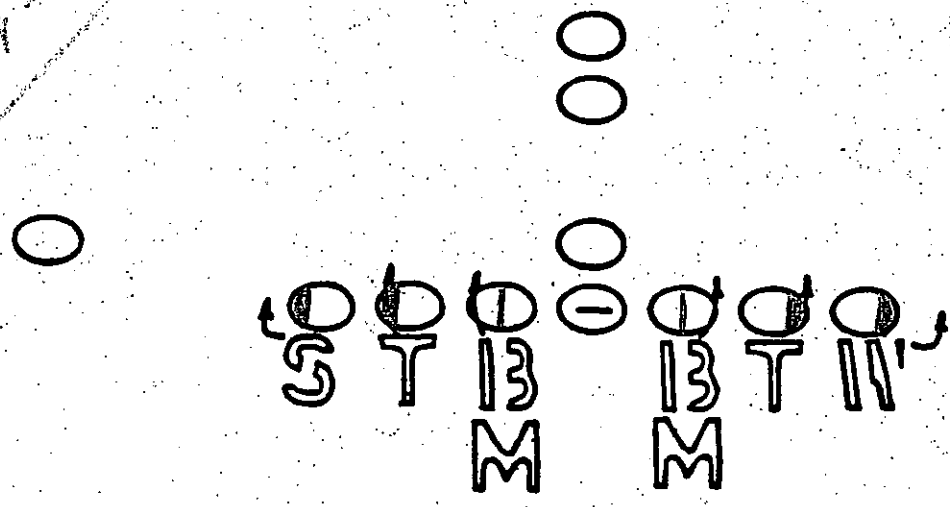
Mike:

1. 4 yards deep
2. Keying the QB - knock him back

All other players are the same.

5. OUTSIDE - (FULL LINE EXECUTING AN OUT CHARGE)

*opposite
front
9/13/99-2392*



BRUINS: ALIGN IN 2 AND DRIVE THROUGH OUTSIDE HIP OF OG

TACKLES: ALIGN IN "5" AND GO TO "C" WITH DRIVE THROUGH OUTSIDE HIP OF OT

STUD AND WHIP:

ALIGN IN "9" AND EXECUTE LOOP TECHNIQUE

MAC AND MIKE:

ALIGN IN STACK POSITION ON BRUINS; KEY CENTER. YOU HAVE "A" GAP TO YOUR SIDE: MAY MOVE UP AND OUT IN ALIGNMENT. LBER AWAY FROM THE ACTION - RUN THROUGH THE A GAP.

SECONDARY:

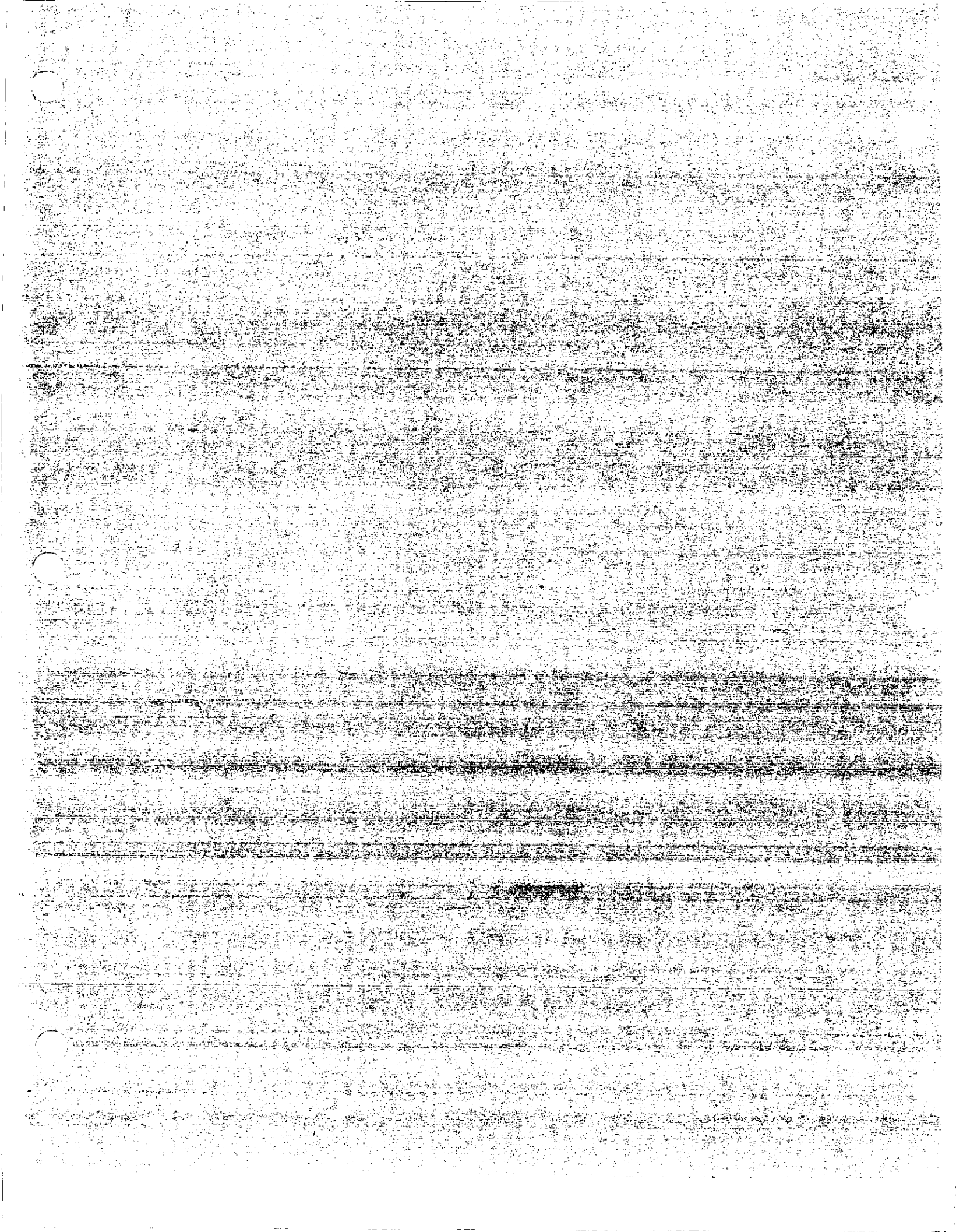
PLAY GOAL LINE COVERAGE CALLED

PLAY ZONE

Defensive Line Terminology

1. Crash - A technique telling a defensive lineman to move inside on the snap.
2. Boundary - Stunts or defenses executed from the boundary regardless of tightend or strength
3. Chase - To be in position to have backside leverage on the football
- ④ Check - A change of strength call, but it doesn't effect the stunt because the stunt is from the field or boundary
5. Collapse - To be in position to have backside responsibility on cutback plays through the B gap
6. Collision - Tackles basic technique where he viciously attacks the offensive lineman and establishes a new LOS
7. Field - Stunts executed from the field regardless of tightend or strength
8. Karate - A change of strength call, which will shift the stunt from one side to the other i.e. tightend walk
- ⑨ Left - A call made by the inside linebackers indicating that the tightend is to the left
10. Me - This call tells the tackle that he is responsible for collapse as well as having an inside pass rush lane on dropback pass. The OLB has chase responsibility and contain on QB pass action. The tackle must echo the "me" call to the bruin.

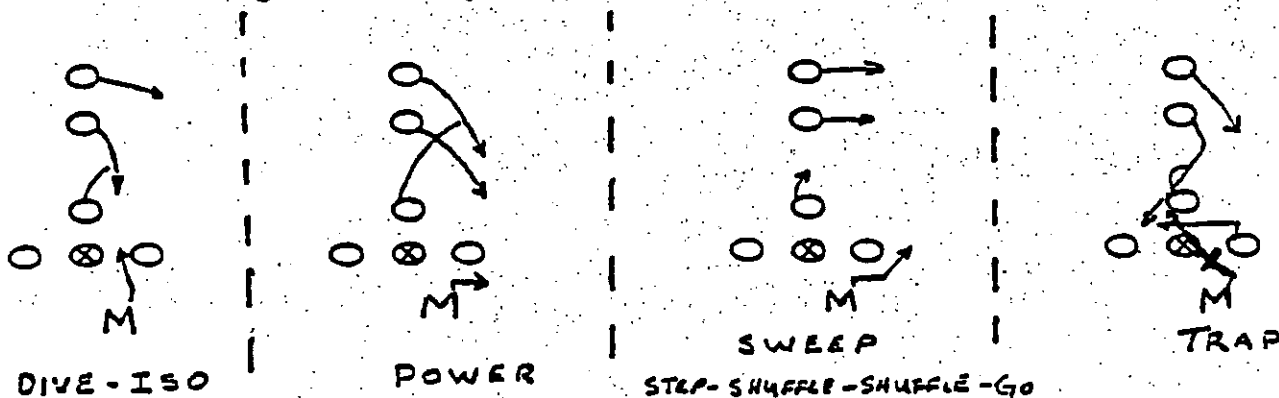
11. Over - Front call indicating ST, SG, and C are covered.
12. Pressure key - This is used when we are moving our front. The pressure key is the offensive lineman whom we are moving away from. We feel his block to determine the blocking combination.
13. Reckless - Tackle's technique where he will change his stance to increase the depth of the stagger to a sprinters position. The change of stance will increase the speed of the charge. Will be used in passing situations.
14. Right - A call made by the inside linebackers indicating that the tightend is to the right.
15. Squeeze - Technique used to play the trap with the near shoulder.
16. Stuff - Technique used to play trap with opposite shoulder.
17. Under - Front call indicating WT, WG, and Center are covered.
18. Visual key - We have a visual key on every play. It is one in which our eyes must be completely "tuned into". If we are moving the visual key is now the offensive lineman which we are moving to. We have to see him to determine how we will be blocked.
19. You - This call tells the tackle that he is responsible for chase as well as having contain responsibility dropback or flow pass. The OLB has collapse responsibility on a "You" call to tackle and is involved in pass coverage. Tackle must echo call to the bruin.



1. COMMUNICATE: Important aspect of defensive football which enables the whole defensive team to play and to react at the football.
2. MIKE LBer: LBer away from the tight end
3. MAC LBer: LBer to the tight end
4. OUTSIDE ARM FREE: Taking on blocker with inside arm in order to keep outside control on him.
5. NOSED UP: Taking on blocker down the middle with outside arm free but in a position to make the tackle either way
6. ISOLATION: When linemen block away and backs combine to block you.
7. PICK BLOCKING: When center, tackle, end or guard come off their block on linemen and try to block you--occurs when you move against the angle.
8. HORN BLOCK: When guard jabs out and checks you for force or scrape. If force, he will attack you head up--if scrape, he will go around the tackle and block you.
9. VEER BLOCK: Tackle and guard block down.
10. DOWN BLOCKING: Tackle and end block down and guard pulls outside
11. CRACK BACK: Outside receiver blocking down on you.
12. YOU CALL: Call made by the OLB to defensive tackle to alert him that he has contain.
13. CONTAIN: Pertains to the LB who is responsible for containing the QB when there is full flow action Mac or Mike.
14. BANJO: Inside out pass coverage with 10¢ player.
15. LOCK: Secondary call to the LB telling him combo coverage is off and that he will cover respective receiver all the way
16. CROSS: A pattern run by a receiver that goes across the formation
17. DELAY: When a potential receiver hesitates for a count or two before he releases
18. KARATE: A call which changes the line direction away from the original call.
19. MAC OR MIKE: Tells the ILB to execute a Blitz.
20. SOLID: Alignment where Mac aligns tight to the line.
21. TIGHT: Alignment where Mike aligns tight to the line.

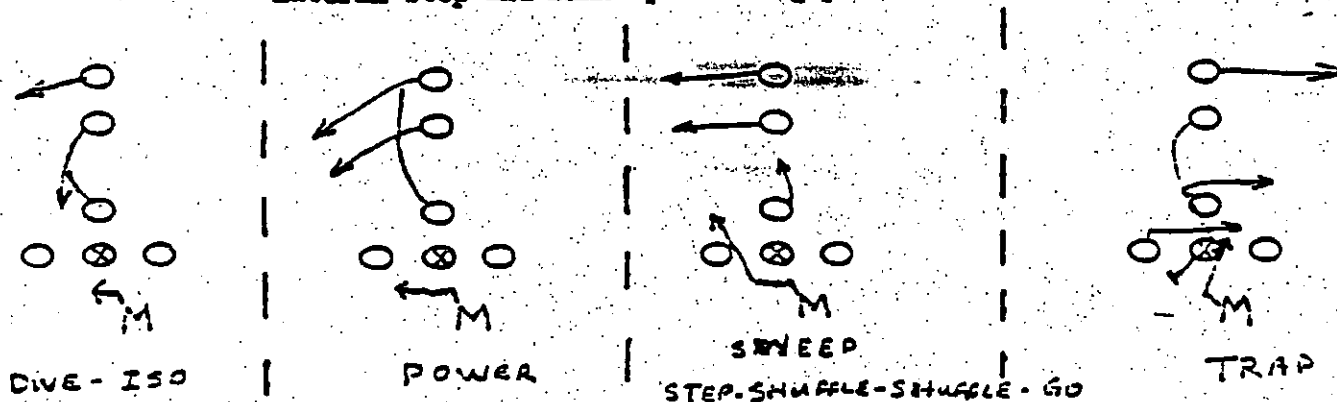
ACE

1. Inside action to you, step up with outside foot and mirror the FB or nearback's course.
 - a. vs. Dive or Iso, step up and fill A gap. Take on any potential blocker with inside arm, keeping outside arm free.
 - b. vs. Power, step up and start to shuffle, keeping inside out relationship on the ball, attacking it whenever it shows.
 - c. vs. Sweep, step up and start to shuffle, keeping inside out relationship on the ball, stay alive and maintain pursuit angles.
 - d. vs. Trap Away, action is to, read tight course, step up and go immediately and attack the ball.



2. Inside action away, lateral 45° step and mirror FB or nearback's course.

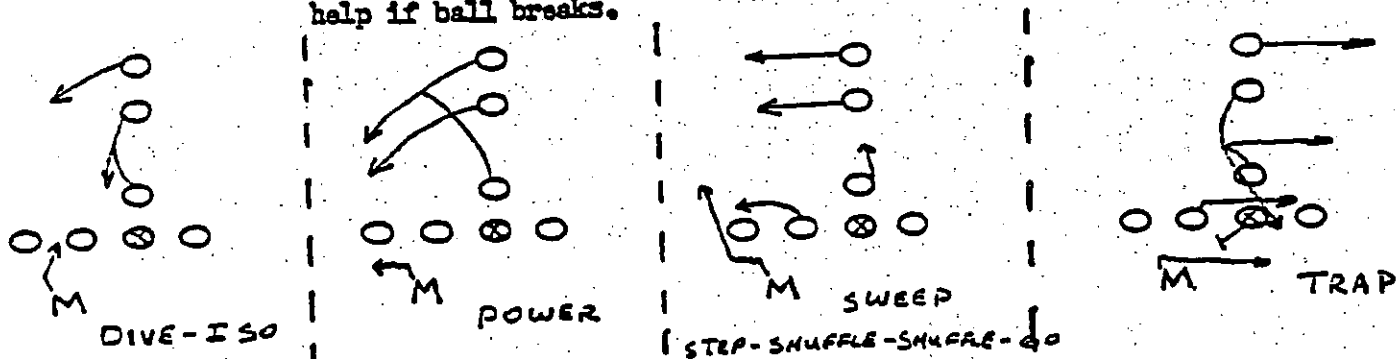
- a. vs. Dive or Iso, 45° step, start to shuffle, feel the bruin's position and play first opening.
- b. vs. Power, 45° step, start to shuffle, feel the bruin's position and play first opening.
- c. vs. Sweep, 45° step, start to shuffle, if back has not escaped outside, fill first opening frontside and go to ball carrier.
- d. vs. Trap To, action is away, read tight course, take 45° lateral step and fill up into A gap.



NOTE: vs. Split Backs, key the nearback. When action starts wide always feel the other back's action. As you step and shuffle be aware of counter and trap action from this set.

BASE

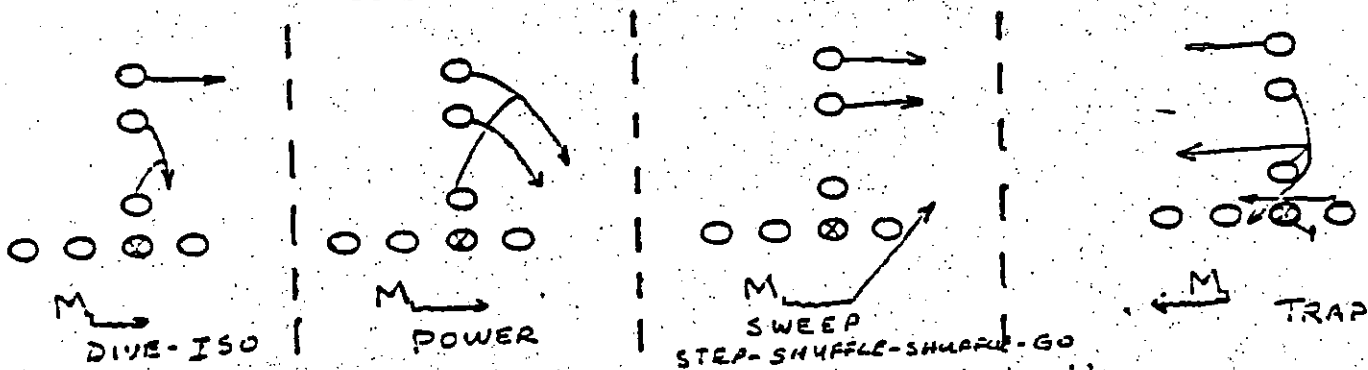
1. Inside action to you, step at 45° laterally with outside foot and mirror the FB or nearback's course.
 - a. vs. Dive or Iso, step at 45° and fill B gap. Take on any potential blocker with inside arm, keeping outside arm free.
 - b. vs. Power, step at 45° and mirror course of FB or nearback. Fill vertically into hole where FB shows keeping outside arm free. Don't be influenced by the guard.
 - c. vs. Sweep, step at 45° and mirror course of FB or nearback. Shuffle toward C gap, fill vertically into first hole that shows and get to ball carrier.
 - d. vs. Trap Away, action is to, read tight course and step at 45°, ball goes away, shuffle lateral across the top and help if ball breaks.



2. Inside action away, hold step and shuffle laterally across. Stay behind bruin until displaced.

- a. vs. Dive or Iso, hold step, start to shuffle laterally looking for center scouping. Draw and avoid blocker.
- b. vs. Power, hold step, start to shuffle laterally looking for center scouping. Draw and avoid blocker.
- c. vs. Sweep, hold step, start to shuffle laterally looking for center scouping. Draw and avoid blocker.
- d. vs. Trap To, action is away, read tight course, hold step, start to shuffle, see guard coming back, plant and shuffle back to first available hole yoursides and wait for ball to break.

Technique: Action away, start to shuffle lateral after holding. Feel the bruin's position and don't overrun.



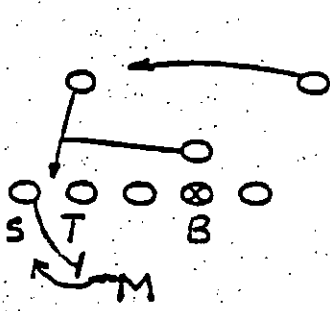
NOTE: vs. Split Backs, key the nearback. When action starts wide always feel the other back's action. As you step and shuffle be aware of counter and trap action from this set.

SCRAPE LB

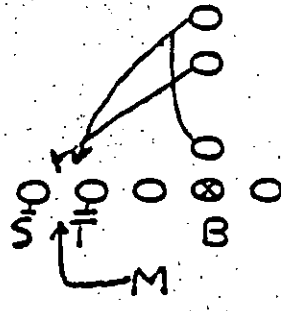
S/A: Base or Ace 4 yards. Shaded on guard's eye in
 Key: Nearback or FB

Action to: vs. TE

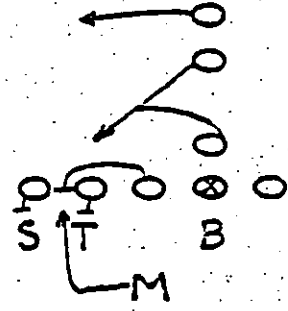
- Shuffle to outside leg of off. tackle, looking to fill C gap if needed. Be ready to fall back inside or continue scraping.
- TE blocks down, cross his face.
- FB or nearback kickout, nose up, be ready to come under if ball hits inside, go over if ball continues wide.
- Guard horn or kickout, treat same as FB.



VEER



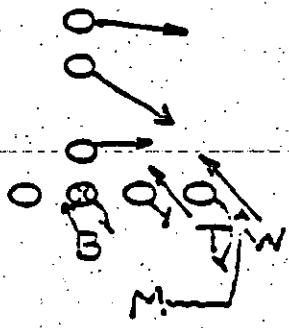
POWER



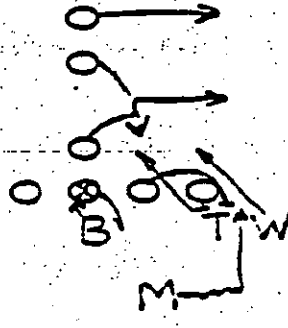
HORN

Action to: vs. SE

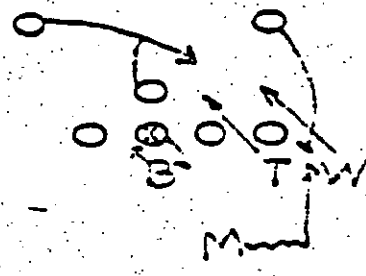
- Shuffle to outside leg of off. tackle, looking to fill C gap if needed. Be ready to fall back inside or continue scraping.
- Tackle scoup, cross his face.
- Guard horn or kickout, nose up and be ready to come under if ball hits inside, go over if ball continues wide.
- FB or nearback kickout, treat the same as guard.



TAG



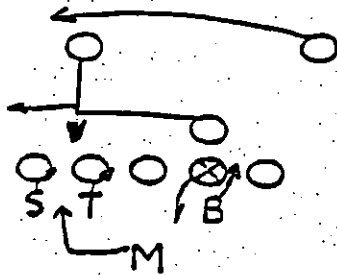
HORN



POWER

Linebacker Techniques

Double Crash Defense vs. TE.



Action to

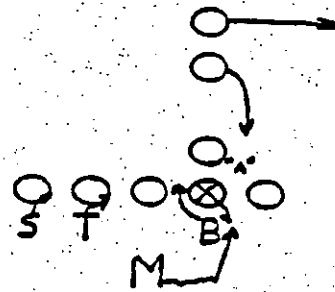
Scrape to outside foot of off. tackle. QB on option. Responsibility is to make all plays between the stud and SS. If play hits inside C gap be ready to fall back inside and help. Don't run and over scrape the hole.

Key: Nearback or FB

Responsibility: Action to C-O gap

QB on option

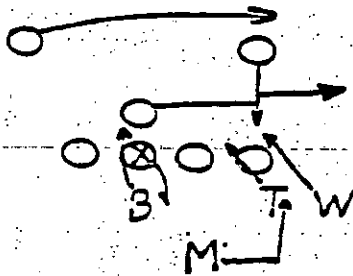
Action away A gap away



Action away

Shuffle to outside foot of center. Don't overrun A gap. Be ready to fill vertical into A gap away.

Weak Crash and Double Crash vs. SE.



Action to

Scrape to outside foot of off. tackle. QB on option. Be ready to fill vertical into C gap. If play hits inside C gap be ready to fall back inside and help. Don't run and over scrape.

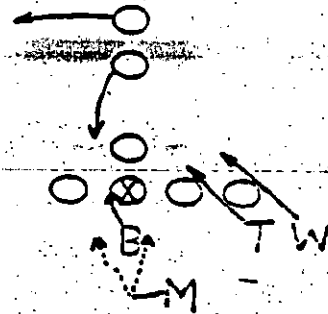
Key: Nearback or FB

Responsibility: Action to C-O gap

QB on option

Action away: A gap away in Jam

A gap your side in crash depending on the bruin



Action away

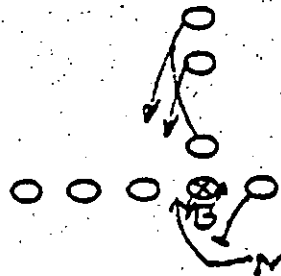
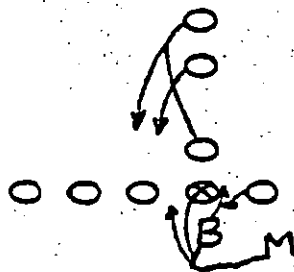
Shuffle, don't run, read your bruin for gap responsibility.

Techniques

1. Shuffle immediately when action shows your way.
2. Be low and square when you get into the hole.
3. Be ready to continue scraping or plant and fall back inside as action dictates.
4. Close gap (tight) between you and closest defender on LOS.
5. Know blocking schemes, horn, scoup, down-down-around, etc.

Action Away: Double Crash

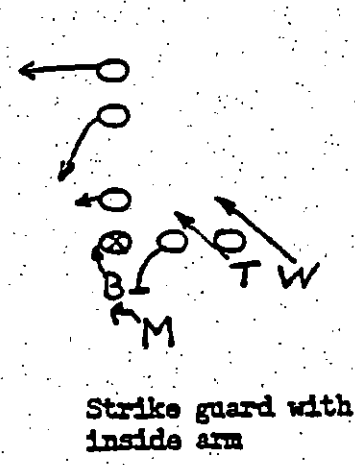
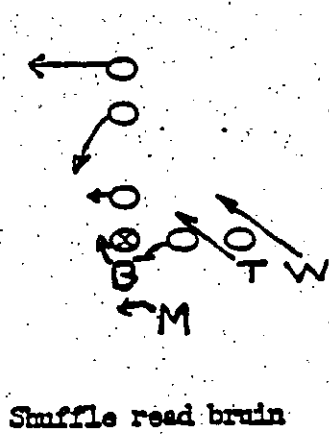
- a. Bruin is playing a 0 technique, shuffle immediately to outside foot of center.
- b. Must beat the center scoup.
- c. If based, don't get driven by the hole.



Weak Crash

Action Away

- a. Bruin is playing a strong shade, action away, lateral step and shuffle while reading the bruin.
- b. If based, don't get driven by the hole.



Techniques:

1. Shuffle immediately when action shows away in
2. Lateral step and settle, shuffle and maintain relationship with bruin.

I. Linebacker Pass Progression Zone

In order to minimize the amount of passes completed by an opponent, it is necessary to follow this progression.

Read - Recognizing pass. This is accomplished by reading the backs and the linemen.

Drop - Movement toward a specific point on the field based on QB set up.

Mac - Your drop is determined by the coverage called. Wall number 2 in cover 2. Hash or middle drop in cover 5.

Mike - Your drop is determined by field position. Hash or middle drop in cover 2, 3, and 5. Flay vertical stretch if threatened in 2 and 5.

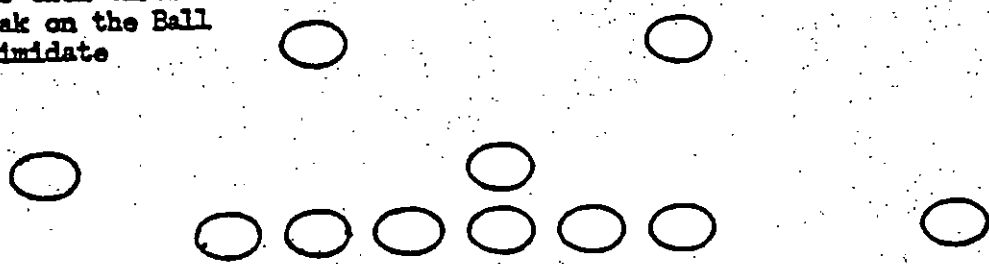
Position - When the QB sets up and prepares to throw, you must come under control, square shoulders to LOS, keep the feet chopping.

Break - Once squared up, you must be able to cover at least 5 yards to each side of your final position. We will melt on shoulders, and break on the ball.

Interception - Any ball touched should be intercepted. The purpose of zone defense is to get interceptions. Oskie, ball to near sideline.

II. Pass Zone

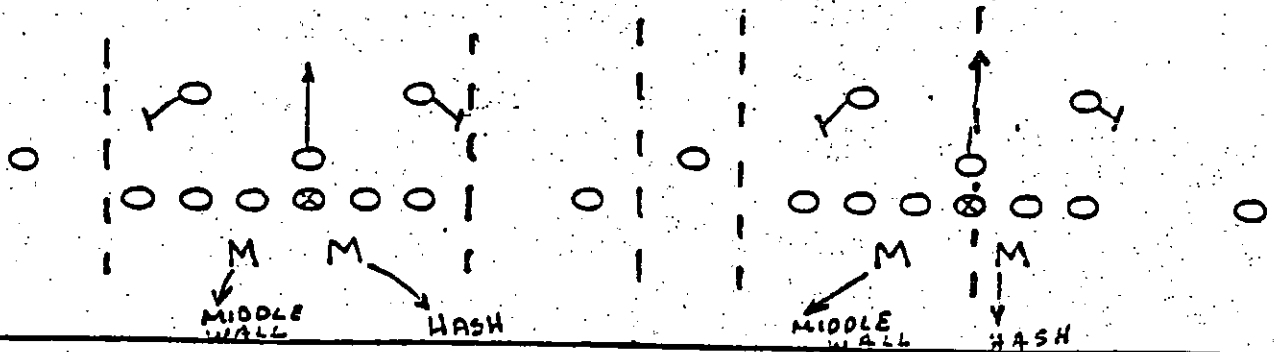
Make them throw short
Break on the Ball
Intimidate



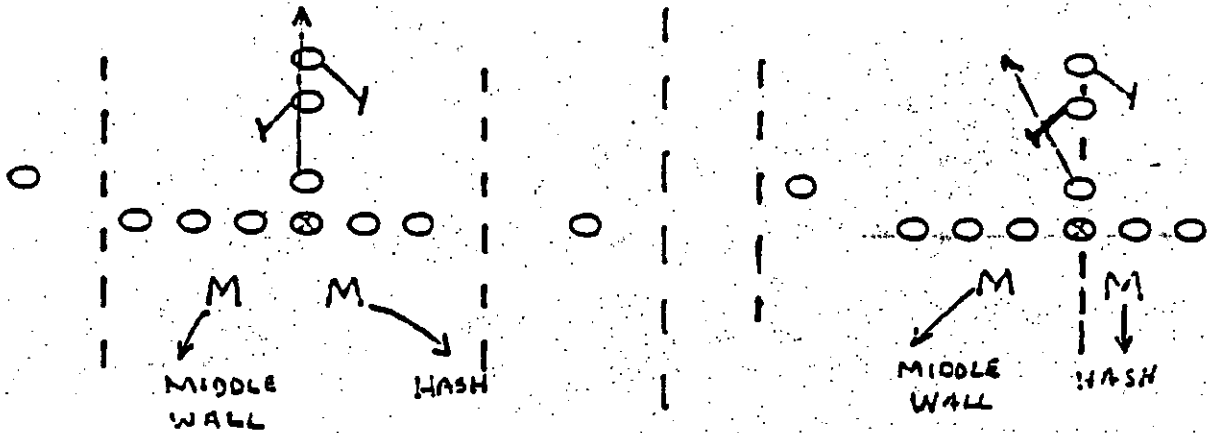
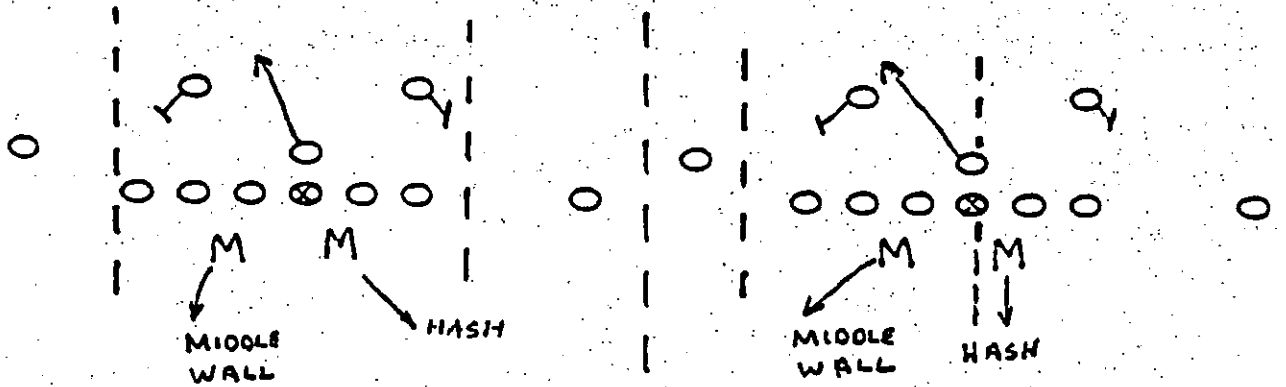
0	Flats	Look-ins	Hot	Delays-Draws I	Look-ins	Flats
10	Out	Curl		Hook II	Hook	Curl
15	Deep Corner			Deep Middle III		Deep Corner
40						

III. Pass Actions and Responsibilities:

Pass Action



Split Flow



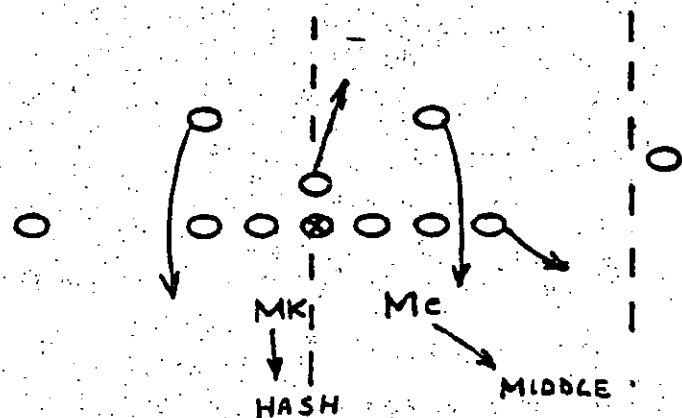
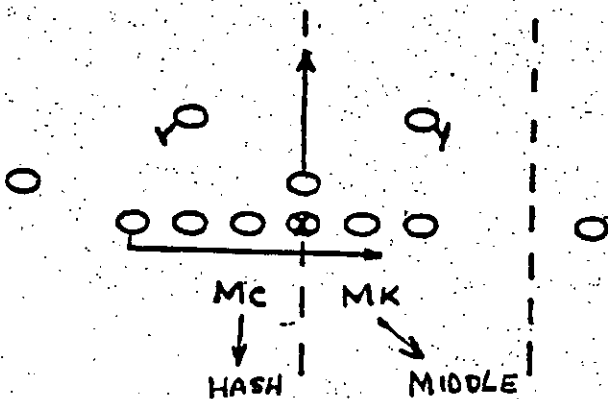
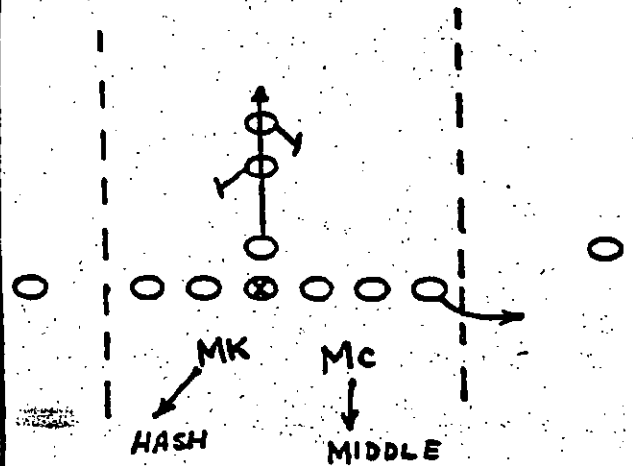
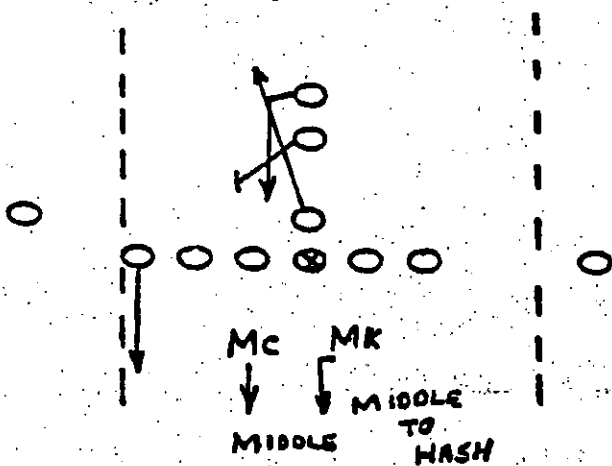
COVER 1

MAC LINEBACKER

1. Takes a middle drop no wider than the original position of TE when in the middle of the field. His drop is straight back.
2. Takes a drop to the middle of the field when on the hash.

MIKE LINEBACKER

1. Is a hash dropper, whether on the hash or in the middle of the field.
2. On the hash he drops straight back. In the middle of the field he drops to the hash.



Linebacker Pass Coverage Responsibilities

Cover 2

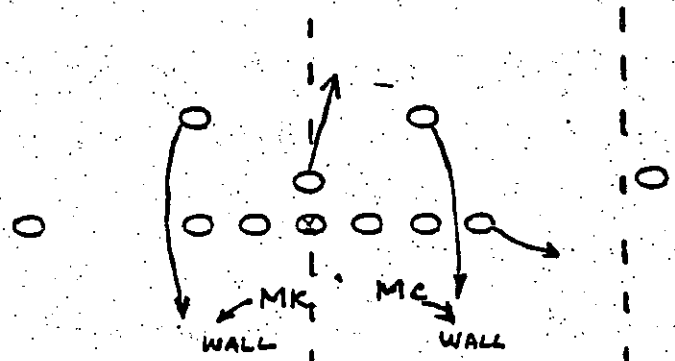
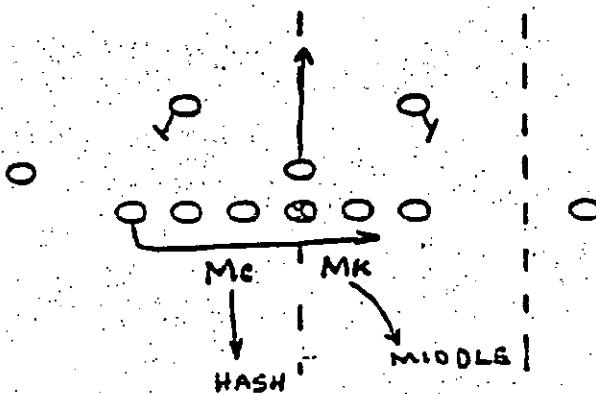
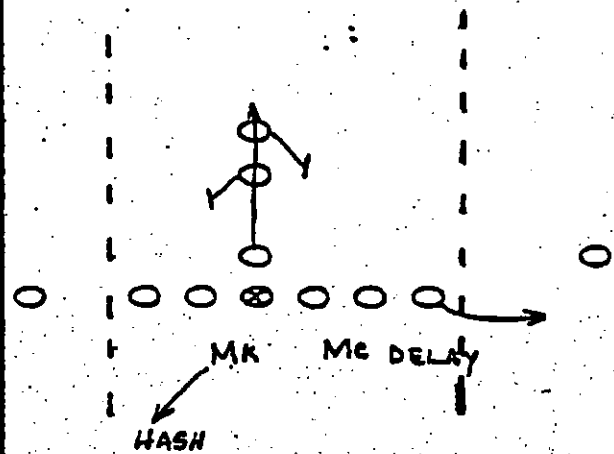
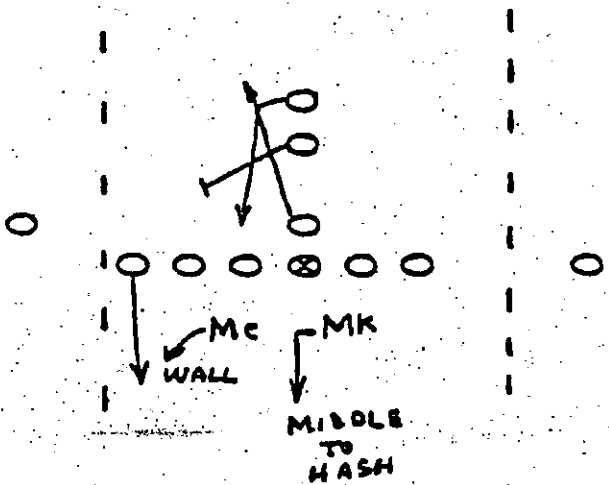
Mac Linebacker

1. Is a vertical stretch player on any inside release by TE, regardless of field position.
2. Is a delay player on any outside release of TE regardless of field position. Exception would be a back releasing vertical inside the TE.
3. Takes a middle drop, no wider than original position of TE regardless of field position when the TE blocks or runs a drag.

Mike Linebacker

1. Is a hash dropper, whether on the hash or in the middle of the field.
2. Is a vertical stretch player if any back comes out of the backfield and threatens him vertically.

Note: Explanations are based on standard pro set to the field. Drops would be reversed with pro set into the boundary.

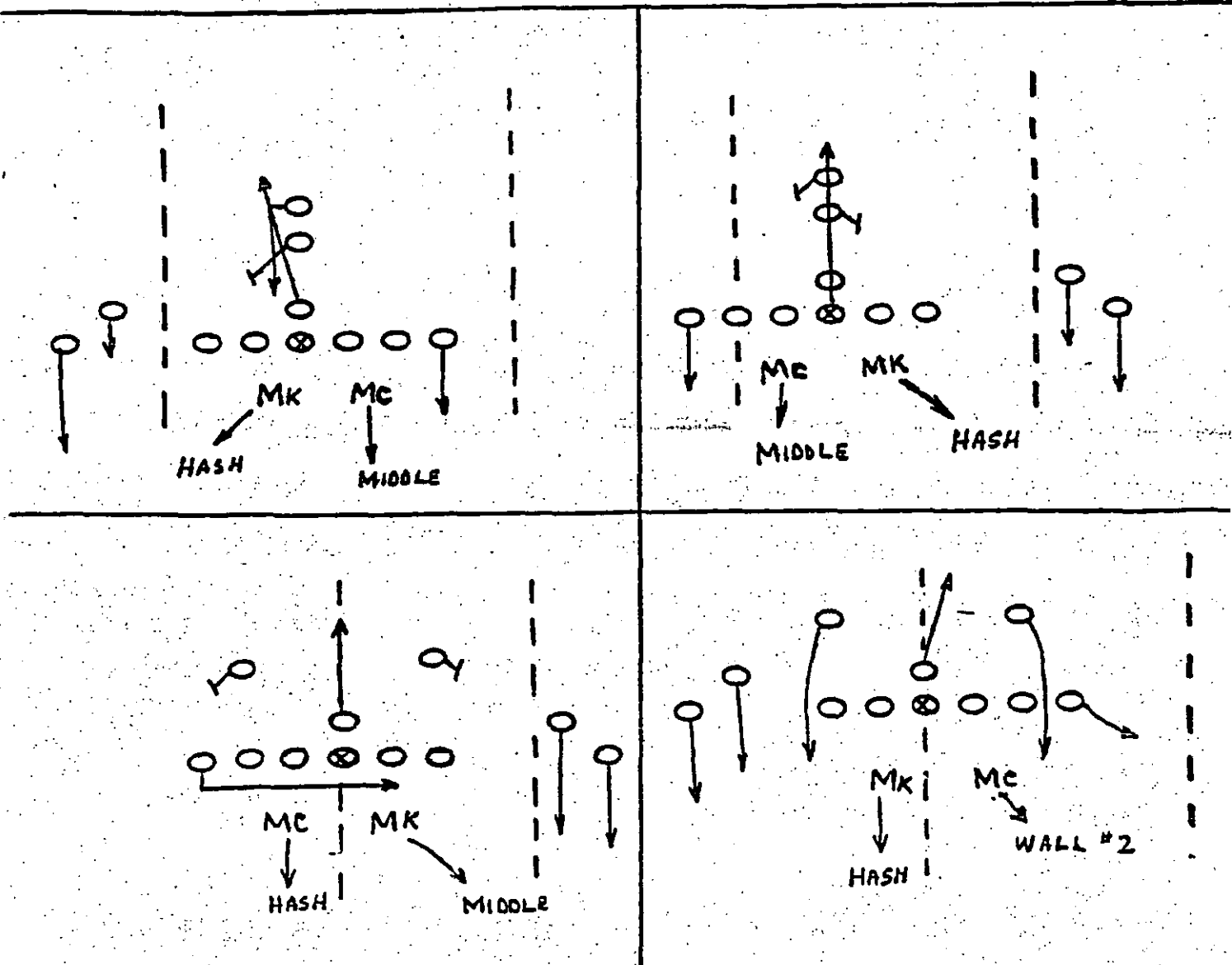


MAC LINEBACKER

1. Takes a middle drop no wider than the original position of TE when in the middle of the field. Drop is straight back.
2. Takes a hash drop, down the hash when the ball is on the hash.

MIKE LINEBACKER

1. Is a middle dropper when the ball is on the hash.
2. Is a hash dropper when the ball is in the middle of the field.



Cover 5

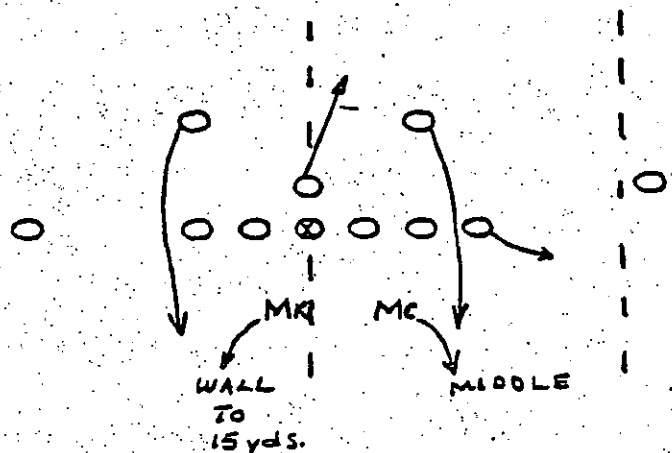
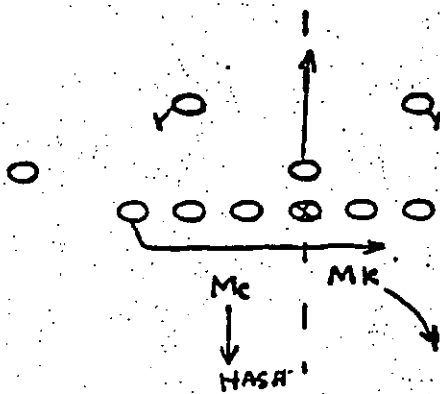
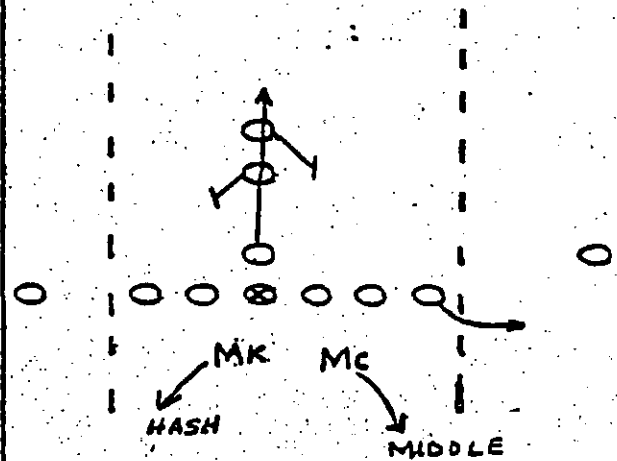
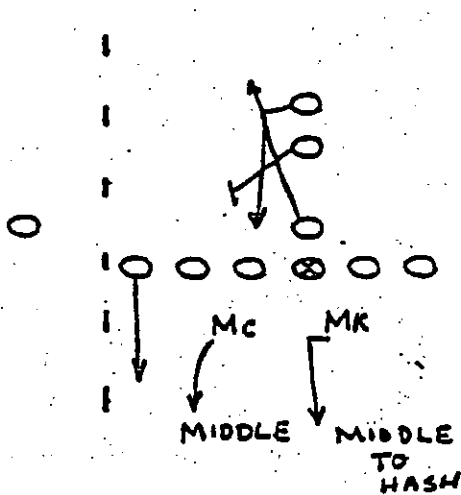
Mac Linebacker

1. Takes a middle drop no wider than the original position of TE when in the middle of the field.
2. Takes a drop to the middle of the field when on the hash.

Mike Linebacker

1. Is a hash dropper, whether on the hash or in the middle of the field.
2. Is a vertical stretch player when any running back comes out of the backfield and threatens him vertically.

Note: Explanations are based on standard pro set to the field. Drops would be reversed with pro set into the boundary.

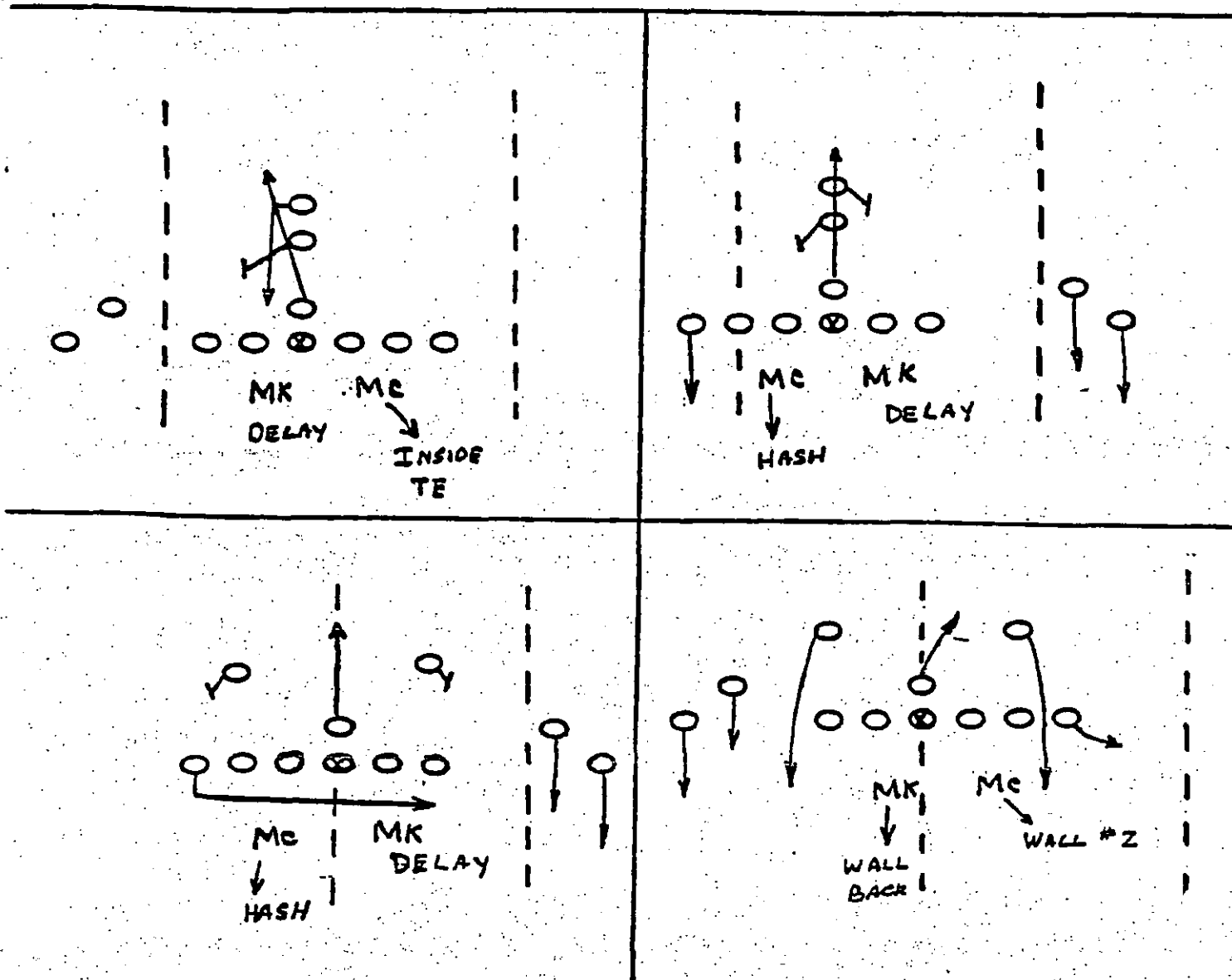


MAC LINEBACKER

1. Takes a drop no wider than the original position of the TE when in the middle of the field. No TE drop to the hash.
2. Drops down the hash when ball is on the hash.

MIKE LINEBACKER

1. Is the delay player regardless of field position.
2. Is responsible for walling any vertical release through C gap by the third receiver his side.

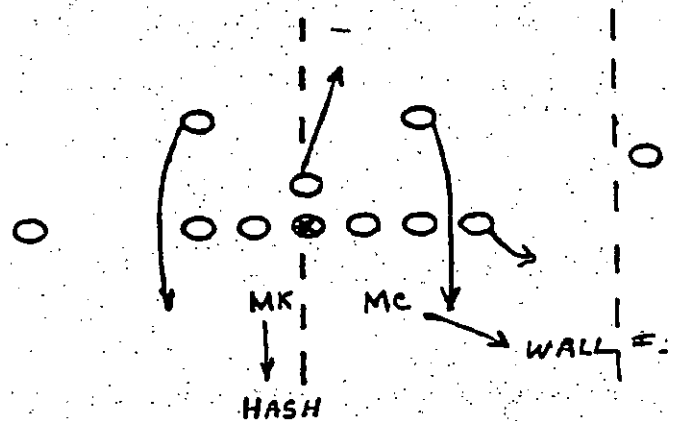
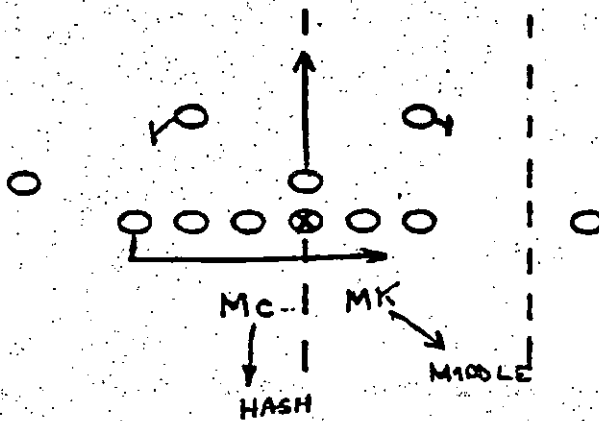
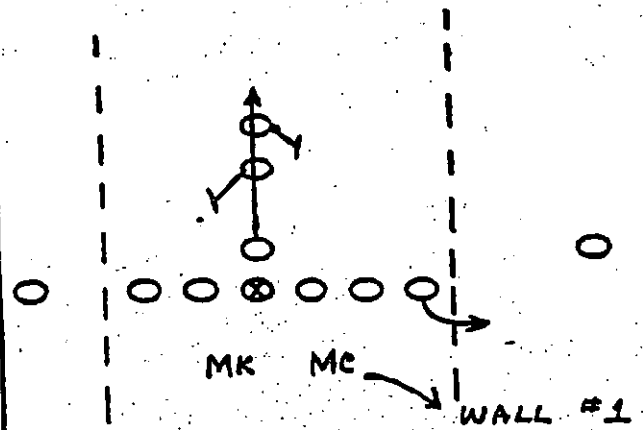
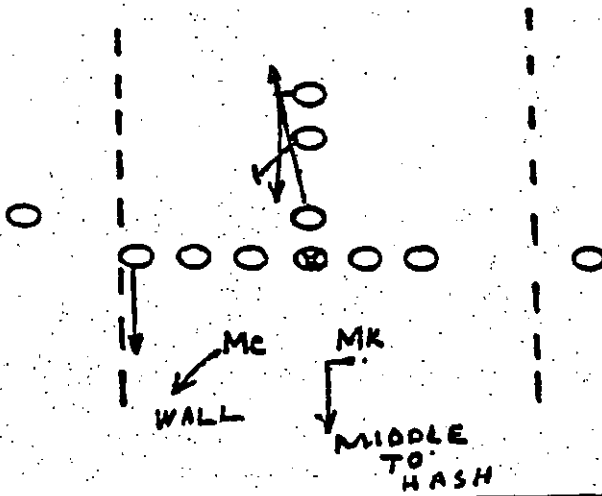


MAC LINEBACKER

1. Is a vertical stretch player on any release by TE, regardless of field position.
2. If Y goes flat wall #1.
3. If Y drags area or hook drop.

MIKE LINEBACKER

1. Is a hash dropper, whether on the hash or in the middle of the field.

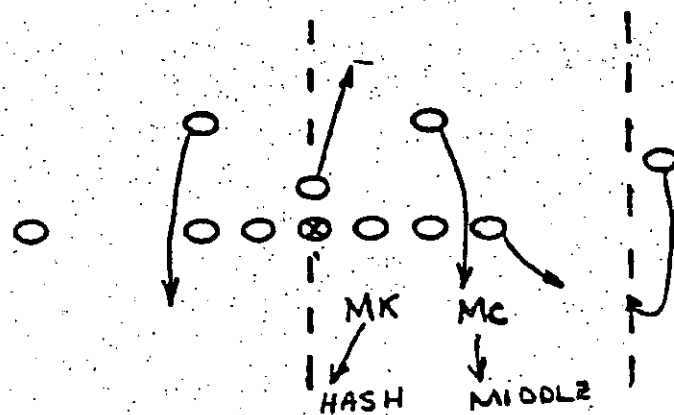
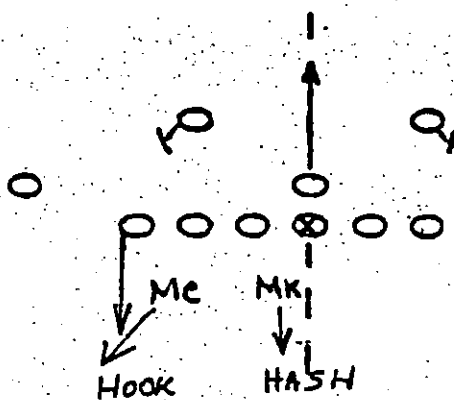
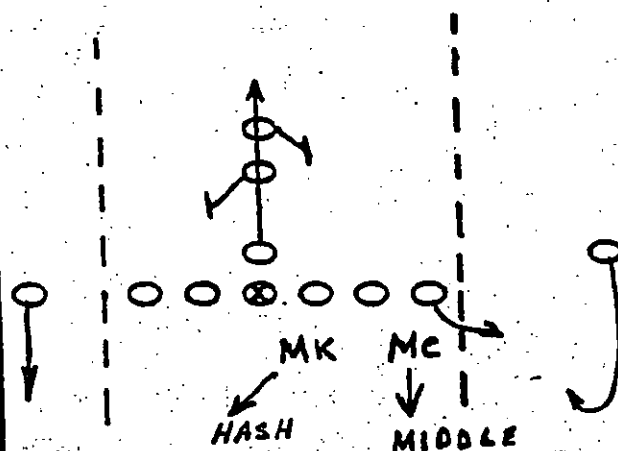
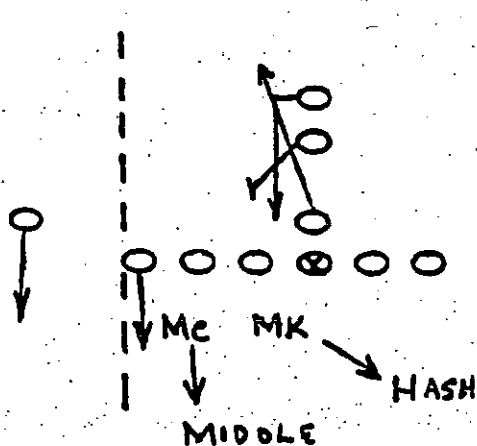


MAC LINEBACKER

1. Takes a middle drop no wider than the original position of the TE when in the middle of the field. His drop is straight back.
2. Takes a drop to the middle of the field when on the hash.
3. Must cover Down #2 on motion or 3 wide outs.

MIKE LINEBACKER

1. Is a hash dropper, whether on the hash or in the middle of the field.
2. On the hash he drops straight back. In the middle of the field he drops to the hash.



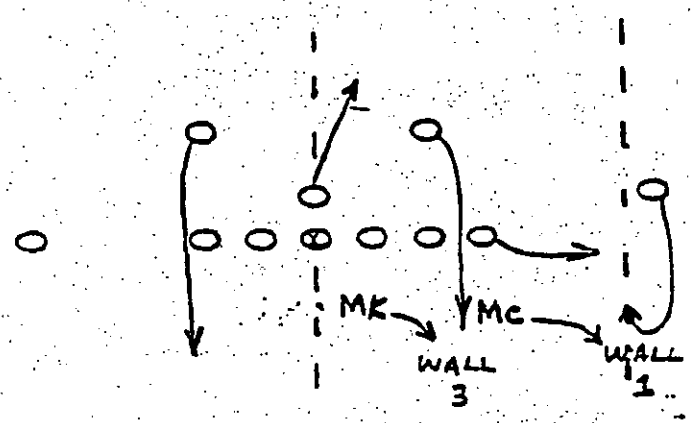
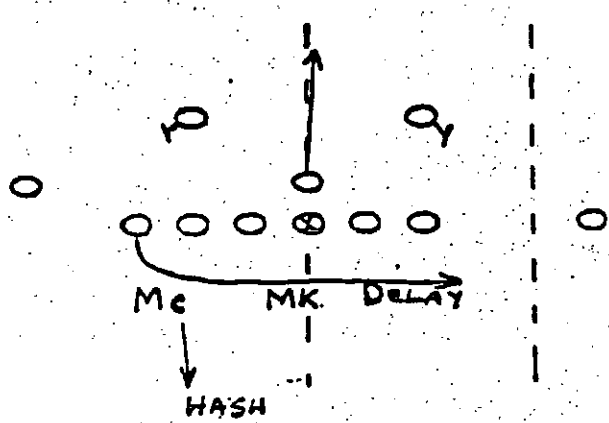
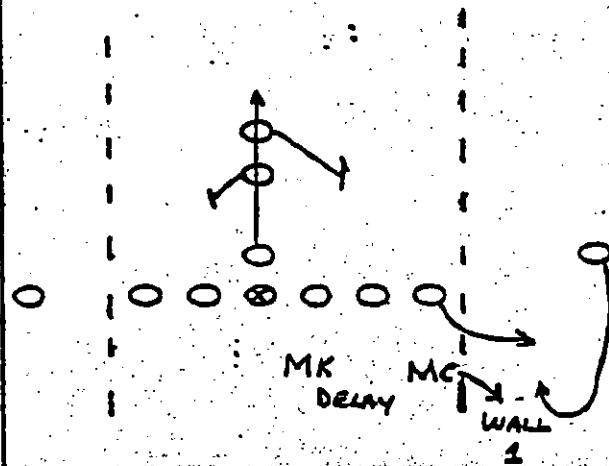
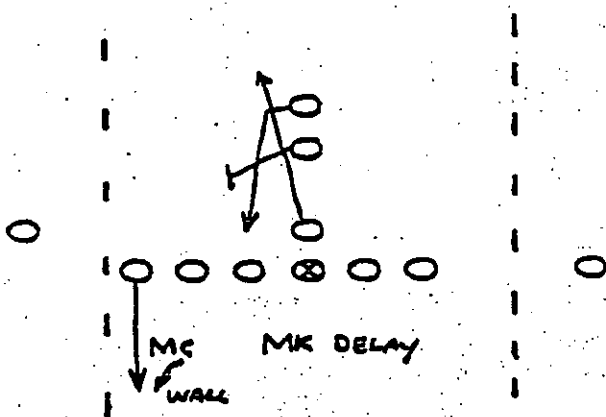
Cover 2 53 Defense

Mac Linebacker

1. Is a vertical stretch player on any release by TE, regardless of field position.
2. Will wall number 1 on any outside release by TE, regardless of field position.
3. Is a hook zone dropper on a drag route by TE, regardless of field position. Exception occurs when a back runs a swing or flat route, then widen to curl.

Mike Linebacker

1. Is a delay player on any release by the TE.
2. Has vertical stretch when number 3 strong releases inside the TE vertical, and trips when number 3 goes vertical.

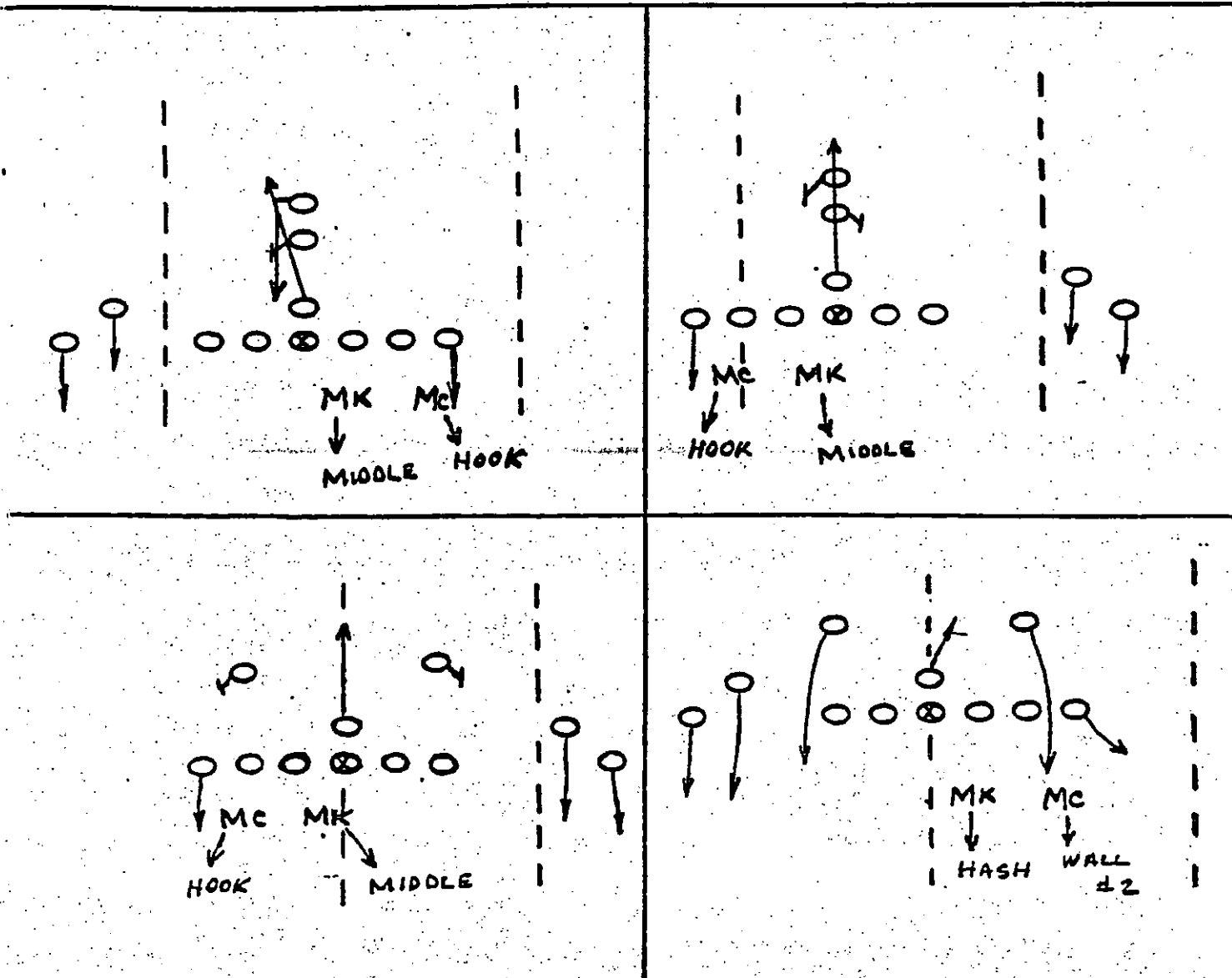


MAC LINEBACKER

1. Is the area or Hook dropper when playing on the one receiver side.
2. The width of his drop is dictated by the width of the one receiver to his side.

MIKE LINEBACKER

1. Is the middle dropper regardless of field position to the two receiver side.
2. Drop is straight back in the middle, and to the middle from the hash.



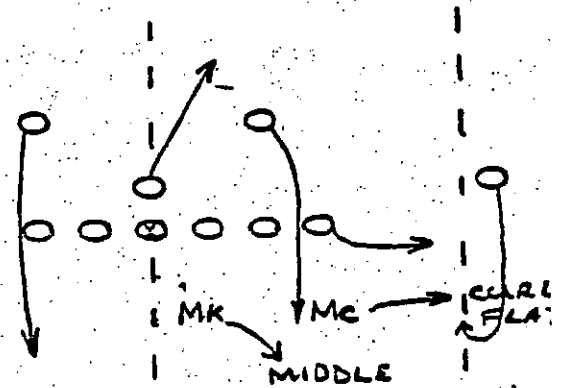
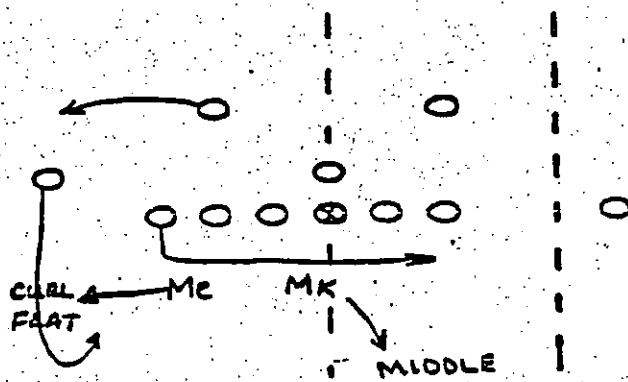
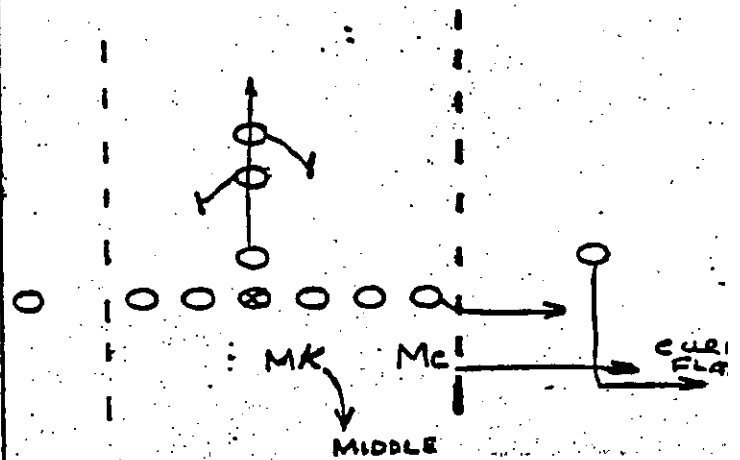
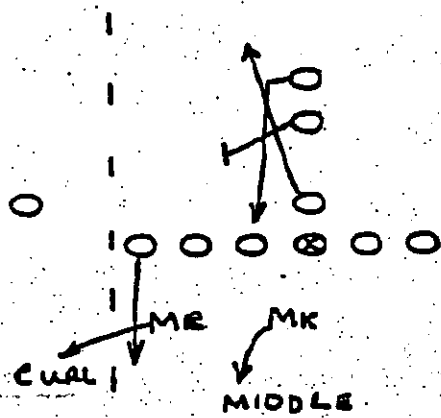
Cover 5 53 Defense

Mac Linebacker

1. Is a curl flat dropper. Drop to the curl and work through to the flat if the TE goes flat, or if a back swings or goes flat regardless of field position.

Mike Linebacker

1. Is a hook dropper. On the hash he drops to the middle, in the middle he drops straight back.

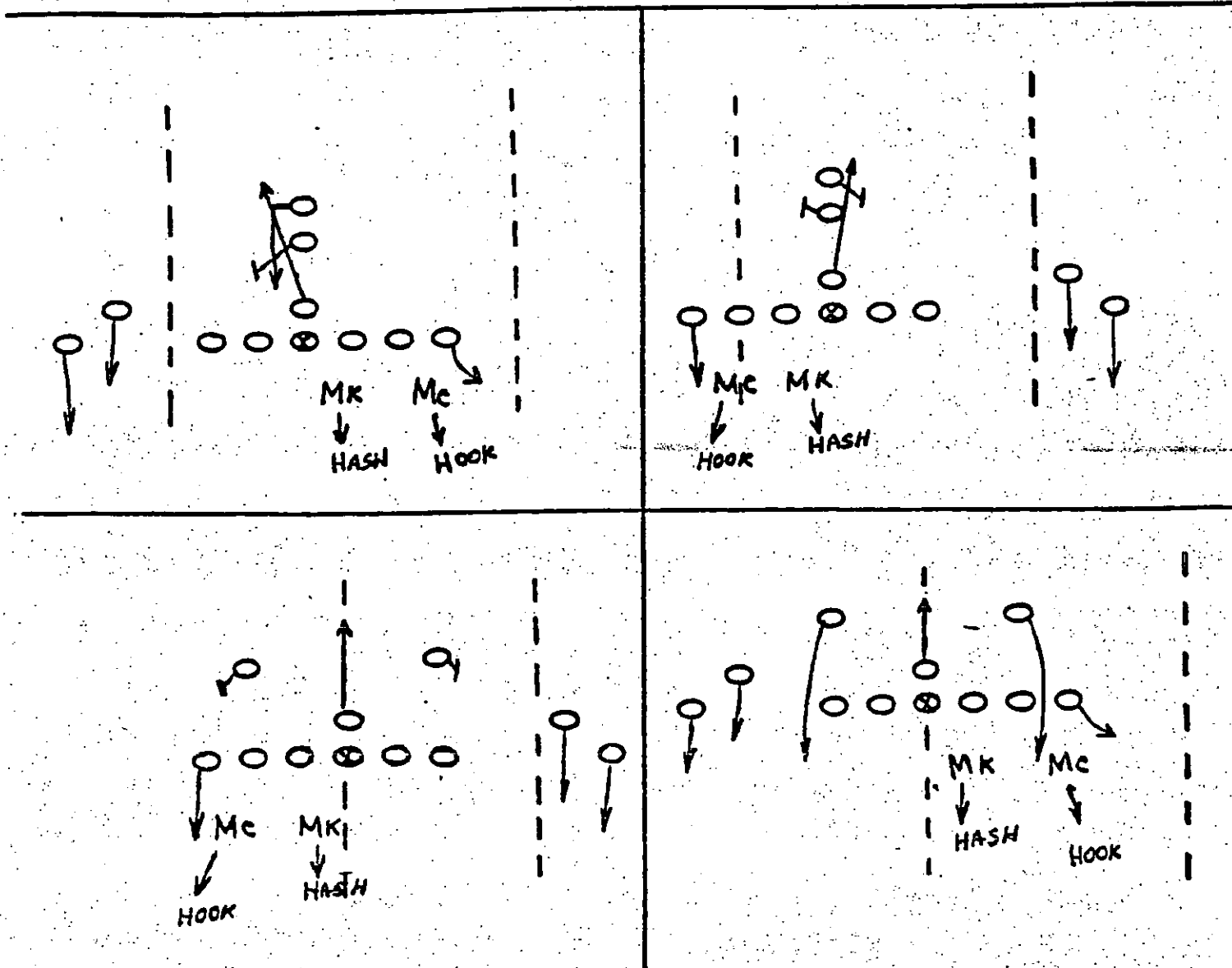


MAC LINEBACKER

1. Is the area or Hook dropper when playing on the one receiver side.
2. The width of his drop is dictated by the width of the one receiver to his side.

MIKE LINEBACKER

1. Is the hash dropper regardless of field position to the two receiver side.
2. Drop is usually straight back as it is probably a hash mark call.

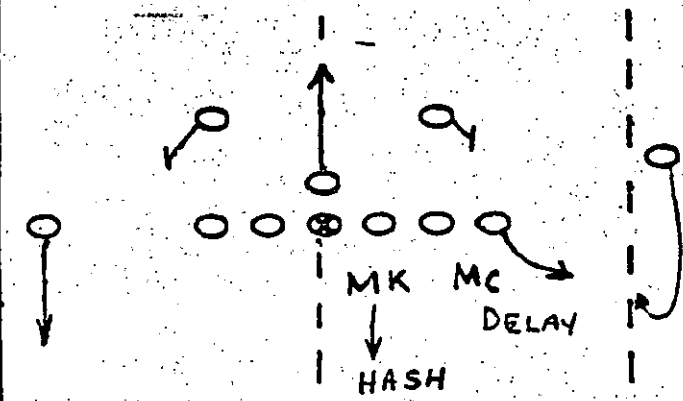
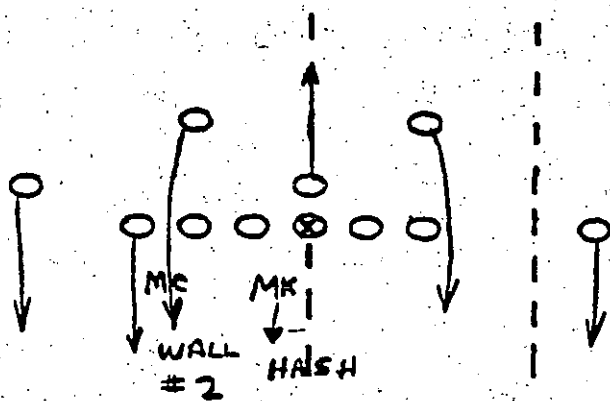
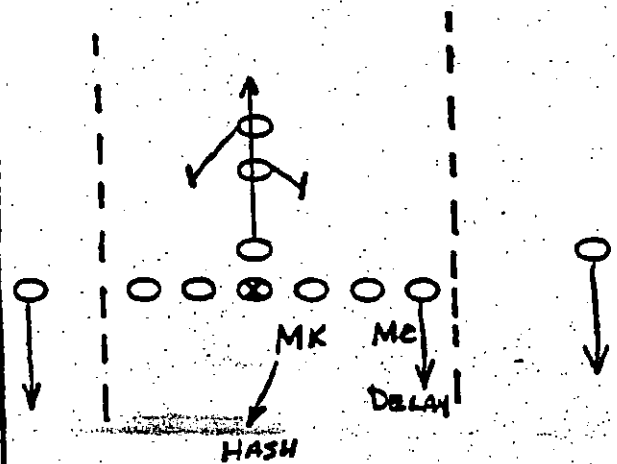
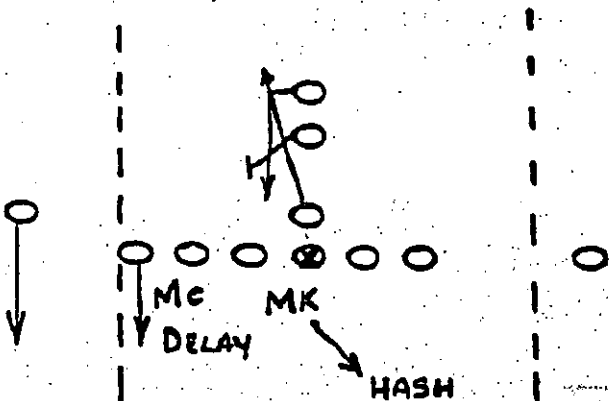


MAC LINEBACKER

1. Is the delay player regardless of field position.
2. Is responsible for walling any vertical stretch release through C gap by the third receiver his side.
3. Must cover down #2 on motion or 3 wide outs.

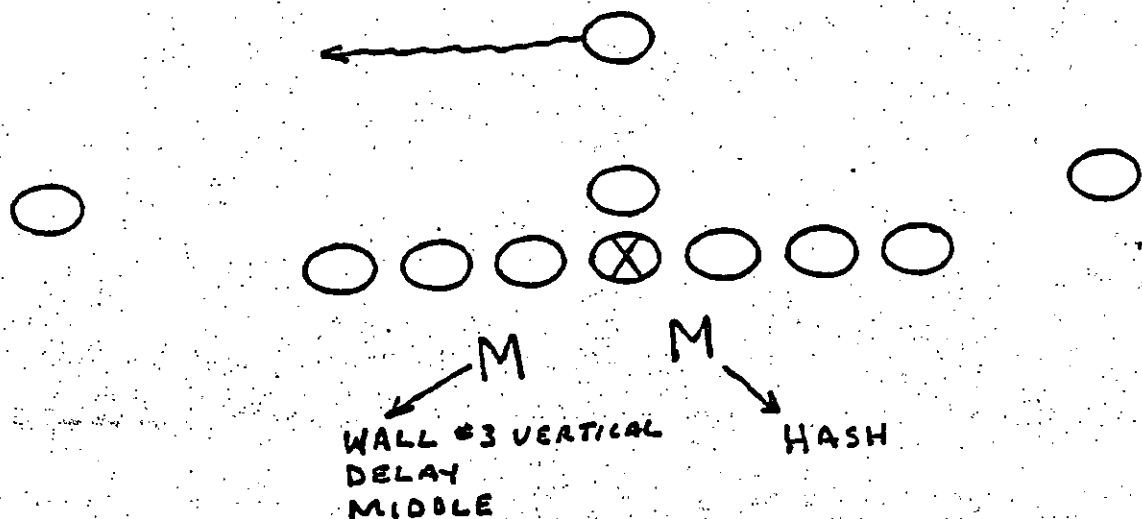
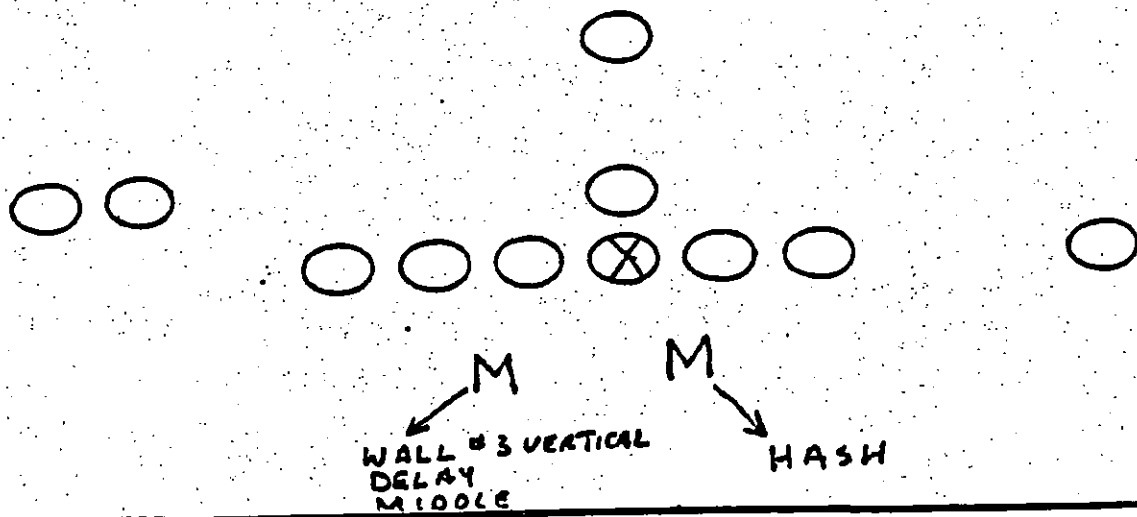
MIKE LINEBACKER

1. Is the hash dropper regardless of field position.
2. Drop will usually be straight back, down the hash because of the probability that it will be a hash mark call.



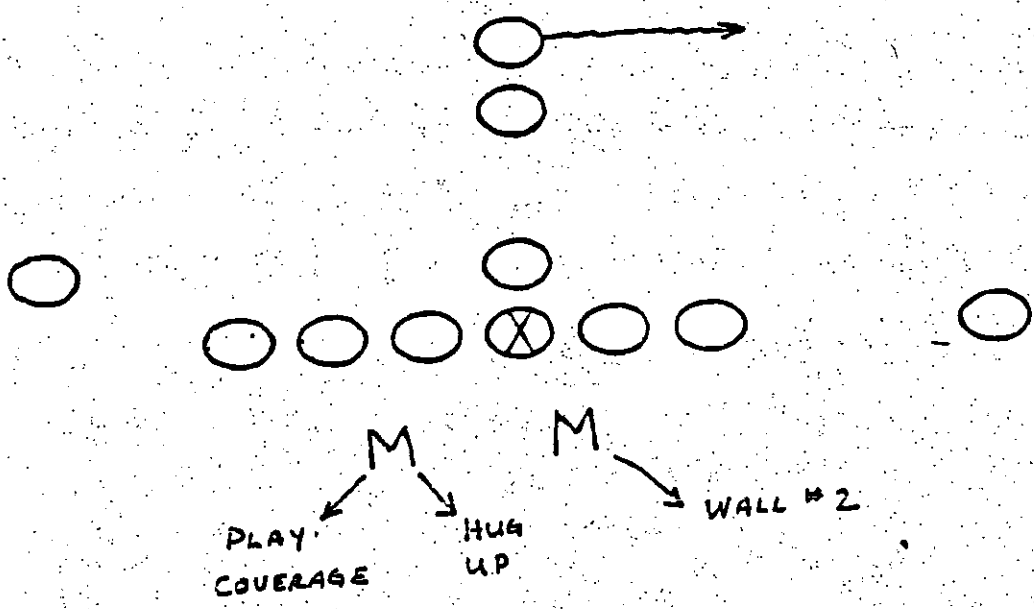
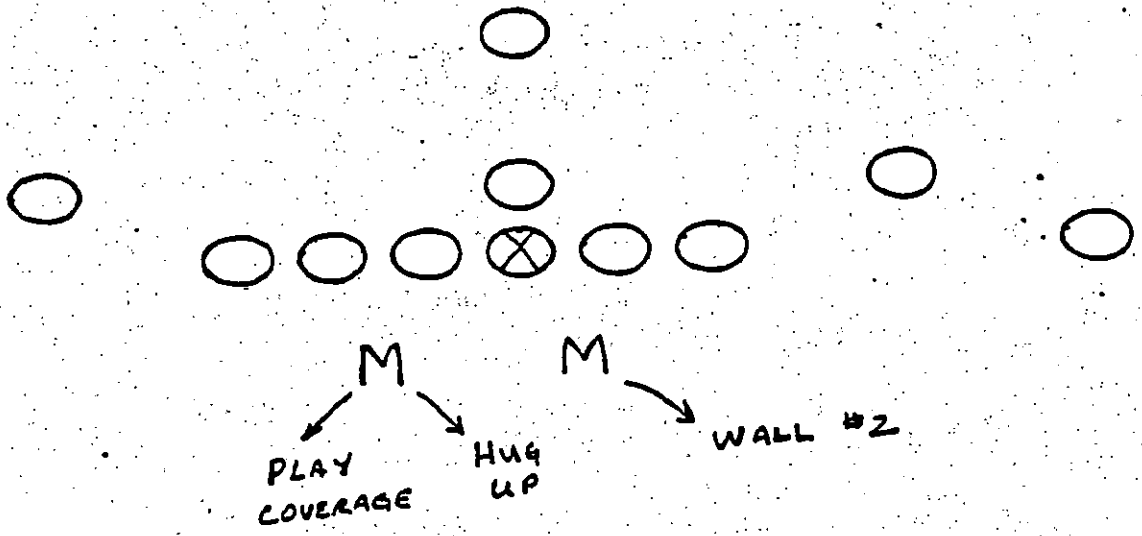
Trips Call

A call made by the ILB in the presence of any trips set or trips motion. In cover 2, the frontside LB'er will wall number 3 if he goes vertical. If he goes flat or runs a drag, play delay. Backside LB'er takes a hash drop. In cover 5 the frontside LB'er will drop to the middle and the backside LB'er will drop to the hash. Trips rules only apply in the following coverages 2 and 6.



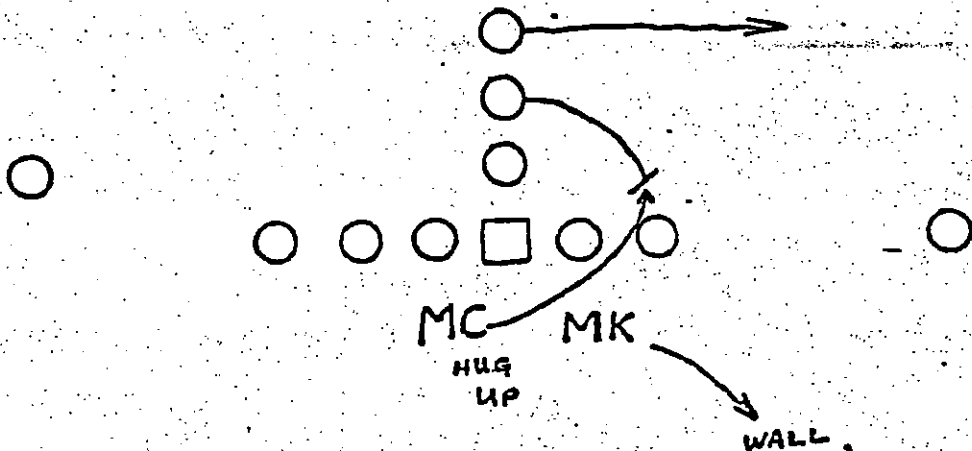
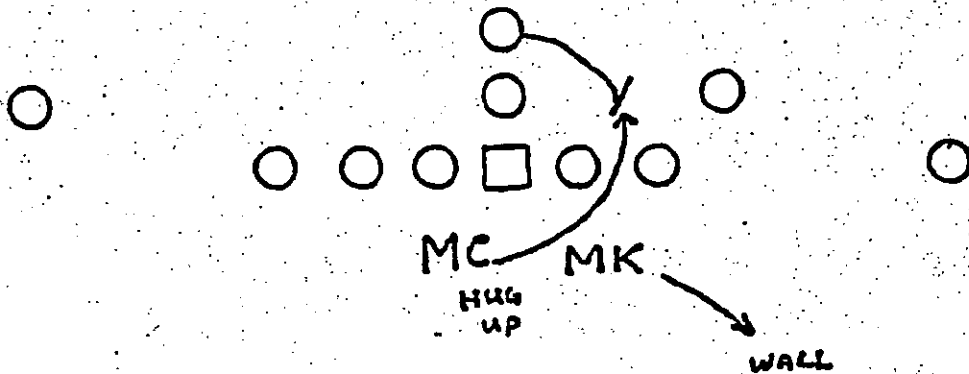
Doubles Call

A call made by the ILB in the presence of any doubles set or doubles motion. The Mike LB'er becomes a wall technique LB'er. The Mac LB'er plays the coverage with back action his way, and hugs up with back action away. Doubles rules only apply in the following coverages 2 and 5.



Hug Up Technique

When in man coverage, we will utilize the hug up technique. The ILB will cover the first back out his side; the technique requires that you move up on the back; if he blocks rush the QB. This is an aggressive coverage technique used by the ILB that allows him to cover the back out or take a free rush lane to the QB.



I. Linebacker Pass Progression Man/Man

In order to present a change up and to blitz our opponent, it is necessary to play man to man coverage. The following is the progression that should be followed:

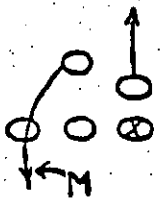
Read - - Key the back you are assigned to. Follow him wherever he goes.
 Position - - The 2 types which depend upon down and distance and field position

- a. Hang - usual technique - back pedal, don't get too tight, keep leverage on the ball and the screen
- b. Tight - used when offense is close to goal line or when signaled from sidelines, move laterally as you move to your man. Place your sternum on his inside number. This will prevent him from breaking inside. Do not give a cushion. Not concerned about being beaten deep.

Drive - - If the receiver has a good cushion, you must drive to catch him when he begins to reach for the ball. We want to go through the receiver to his upfield arm. Know what kind of help you have deep.

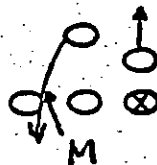
Incomplete - - The purpose of man/man is to make it extremely difficult to complete the pass.

CIRCLE



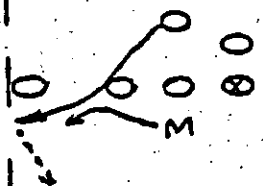
- 1. Play through back on short

FLAG



- 1. On deep far stay on back hip
- 2. Turn and run
- 3. Don't Look back

FLAT



- 1. GAIN DEPTH
- 2. BREAK THRU UGH UPFIELD SHOULDER
- 3. IF HE TURNS UP, COLLISION HIM.

SWING

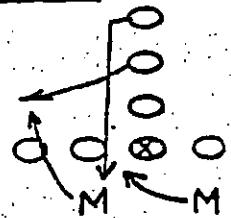


- 1. Give ground
- 2. Move laterally
- 3. Don't be flat footed

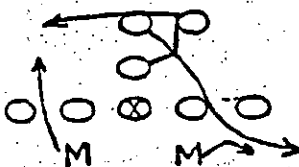
ACROSS FORMATION



COMBO COVERAGE



COMBO COVERAGE



HOW GOOD DO YOU WANT TO BE???

RUN



PLAY THROUGH BLOCKER TO THE BALL

- HOLD-UP - Technique used to hold up or alter the route of a receiver; especially important when we are in any of our 2-deep coverages. (Stud on Cov. 4 and 66 this is very important.)
- EXCHANGE - Term used to alert OBL that would normally not be in coverage in a particular front that you are now in coverage. A DB or ILB will replace you in the pass rush and you will replace that player in pass coverage.
- DOG - Quick move upfield by OSB on snap of ball for containment of all run and pass plays. Key ball for quick reaction. Do not revert to base on down block.
- LOOP - Calls for Stud or Whip to make a quick move outside around TE or Tight Slot on snap of ball. May want to use a club and arm roll on TE. Key ball.
- SWEAT - Technique used to slow play QB on option.
- BLOOD - Technique used to attack QB on option.
- YOU - Call by OLB to defensive tackle that lets him know you are in pass coverage and you have collapse and visual contain on run away.
- ME - Call by OLB to defensive tackle that tells him you are not in pass coverage and you are rushing on pass and have Visual Contain on run away - If OLB is in jam, anchor or reduced side over tackle, you will chase on Off. side of LOS.
- VISUAL CONTAIN - The OLB, on run flow away, will work to sink alignment, remaining in position to contain any running play that might break back to him. If ball does not break back outside, overlap in collapse area.
- HUG UP - Technique used to engage near back if he blocks to your side when you are covering him M/M.
- WALL - M/M technique used in Zone Coverage/Curl & Crossing Route by inside or outside LB.
- BASE - OLB has fill responsibility. OB on option. 0 Gap.
- BUMP - Technique used to hold up X receiver. Technique will vary depending on if we are in 2 Deep or 3 Deep Coverage.
- TIGHT - Technique which can be used to secure "C" gap when playing against a TE.
- WALK - Alignment which will place the OLB 3 yds off of the LOS and splitting the difference between the wide receiver and the OT.

INSIDE LINEBACKERS ALIGNMENT

ACE LINEBACKER

- Stance:** Stance is a broad base with weight on balls of the feet.
- Alignment:** Ace LB'er aligns with his outside foot in the crotch of the offensive guard 4 yards deep.
- Key:** Key nearback in pro and splitback formation, FB in I formation.
- Responsibility:** Fill aggressively the A gap on run action to. Fill either A gap on trap action.
- Technique:** Ace Linebacker.
- Coaching points and footwork:** Action to, step up with outside foot to maintain inside out relationship on A gap. Any action wider than A gap your side, shuffle to ball but maintain inside out relationship to the 3 and 5 technique your side. Action away, step at a 45° angle toward the ball with the inside foot. Any action inside A gap your side, shuffle to ball but maintain relationship behind the Bruin until he is displaced.

BASE LINEBACKER

- Stance:** Stance is a broad base with weight on balls of the feet.
- Alignment:** Base LB'er aligns with his inside foot on the outside foot of the offensive guard 4 yards deep.
- Key:** Key nearback in con and split back formation, Tandem (TB-FB) in I formation.
- Responsibility:** Fill aggressively the B gap on run action to. Squeeze the B gap tightly.
-
- Technique:** Base Linebacker.
- Coaching points and footwork:** Action to, step at 45° angle with outside foot to maintain outside in relationship on B gap your side. Any action wider than B gap your side, shuffle to ball but maintain inside out relationship to 5 and 6 technique your side. Action away hold step, read guard, QB, FB (Farback) triangle. Shuffle over the top on any action going away. Shuffle back to C gap yourside on any action coming back to you.

IV. 5 (TECH WHIP)

A. Whip

1. Align - 5 (Loose) on Tackle
2. Stance - $\frac{1}{2}$ Eagle
3. Key - Tackle
4. Run Resp. - "C" Gap

B. Block and Run Reaction

1. Base Block



- a. Drive shoulder and forearm shiver up and underneath blocker's pads. Maintain outside leverage.
- b. Do not be knocked off LOS and do not widen the hole. Maintain relative distance with DT.
- c. Control blocker and keep him away from your body.
- d. Hold position of responsibility until POA is established.
- e. Accelerate off block to POA.

2. Turn Out Block



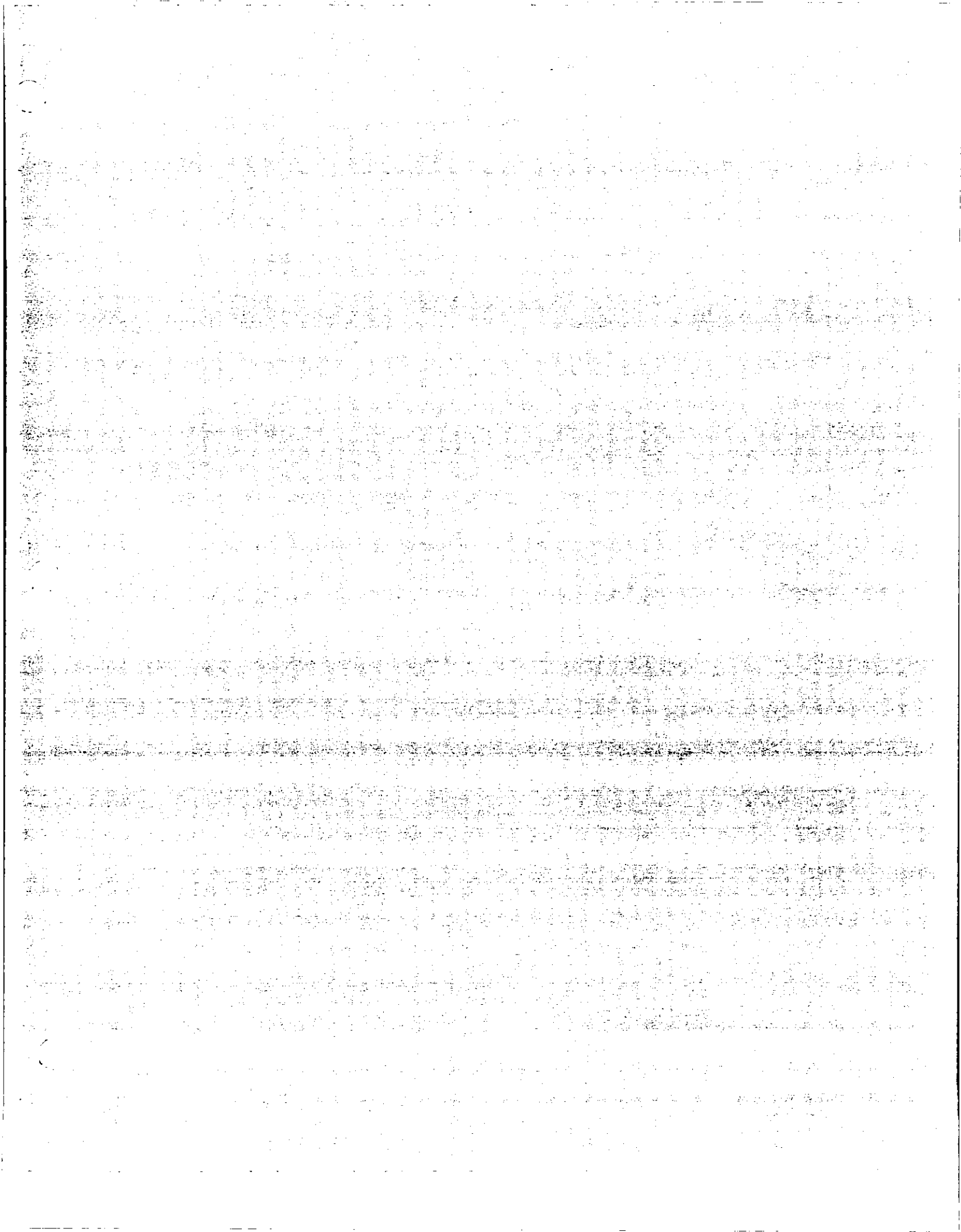
- a. Do not allow blocker to work his hips into B-Gap.
- b. Constrict B-Gap with blocker - Do not be widened.
- c. Keep pads parallel to LOS.

3. Hook Block



- a. Maintain outside leverage on blocker by taking lateral step with outside foot as he moves.
- b. Use shoulder shiver and forearm to neutralize the block and create a separation from the blocker.
- c. Work blocker upfield into the backfield.
- d. Maintain relative distance between the tackle and force man to your side.
- e. Throw block inside or outside depending on position of back and pursue the ball.

1. Balanced Stance
2. Crowther
 - A. pendulum
 - B. triangle
 - C. shooting hips
 - D. 1 step contact (2 point stance)
 - E. drive
 - F. reaction
3. Mirror (quickness)
 - A. Shuffle
 - B. Up-downs
 - C. Seat rolls
 - D. Jumps
4. Bags
 - A. Shuffle
 - B. Over the top
 - C. Stagger
5. Lateral Run
6. Wall and Hash Drop
 - A. Interception and tuck away
7. Tackling
 - A. 1 on 1
 - B. side
 - C. sideline
 - D. open field
 - E. angle
8. Cones
 - A. four corners
 - B. plant and drive
 - C. 2 on 2 (reaction)
9. 1 on 1
 - A. step and read vs. back to
 - B. step and read vs. back away
10. Man/man techniques vs. backs



I. PASS RUSH TECHNIQUES

- A. Recognition and Reaction--Quick recognition and reaction is the most important factor. Be quick and decisive on initial move. Close the rushing distance.
- B. Ability to use hands and feet to make pass rush move. Do not get tied up with blocker. MOVE, MOVE, MOVE. Rush the blocker. Beat the blocker then rush the passer.
- C. A good pass rush is the greatest pass defense. Get penetration into the throwing area by taking the shortest route to the QB. A good pass rush will:
1. Force passer closer to another rusher.
 2. Not allow passer time to find secondary receiver.
 3. Force passer out of throwing area and force him to throw on the move.
 4. Throw him for a loss, create a fumble, or force an interception.
 5. Cause passer to lose confidence in his protection.
- D. Engage the Blocker--Move the LOS back
1. Be aware of who is going to block you. Know the possibilities from week to week.
 2. Get under blocker's pads--use hands to gain shoulder pad control
 3. Work to get blocker's pads turned perpendicular to LOS. Rusher must keep his shoulders parallel to LOS.
 4. When you beat the blocker, accelerate to passer and get by blocker before he can recover.
- E. Know the blocking techniques that the opponent will use and how to defeat them. Study the individual techniques as well as the overall blocking scheme to exploit any weaknesses.
- F. If blocker tries to cut you, get your hands on him and drive him down. Protect your legs and get over him.
- G. Do not get knocked past the QB. If you start to go by him, come back inside. Use blocker's momentum to throw him outside as you come back inside.
- H. Tackle the passer high, trap his arms to prevent delivery of the ball. Try to "strip" him in an effort to cause a fumble.
- I. If you have not reached the passer, get your hands up as he starts to throw if passer is facing you:
1. Divert passer's attention
 2. Bat ball down as it is thrown
 3. Force passer to elevate throw--possible interception
 4. Force QB to pull ball down and run
 5. Do not leave your feet with QB facing you unless he is on the move and you can make the play.

II. PASS RUSH LANES

- A. Your normal pass rush lane will be from the outside. Rush at an angle that will force the passer, but at the same time, keep him in the pocket.
- B. When stunting inside, you have a free rush lane.
- C. When the ball moves, the rush lane must move, be ready to adjust your path.
- D. Rush for a point 1 yard outside and 1 yard deeper than QB

III. Sprint to the Football---If the ball is thrown, sprint to the direction of the throw to block for an interception return. In case of a short pass, get a "hit" on the receiver or recover a fumble. We must have great effort in pursuing the ball if it is thrown. Yell "ball" when thrown, change from defense to offense.

IV. PASS RUSH TECHNIQUES

A. Swim Technique

1. Hand shiver for pad control and to force blocker off balance.
2. Pull blocker to you, pulling his outside shoulder pad to you and slip by his outside.
3. Use swim technique with inside arm by reaching over the top of his head on move past protector.
4. Keep feet moving. Release and explode to QB
5. Possible adjustment: After gaining pad control, a good head fake inside may aid in getting his shoulders turned inside.

B. Upper Cut

1. Hand shiver for pad control
2. Pull with outside hand--trying to turn his pads to inside. At the same time dip inside shoulder and rip inside arm up and under his outside arm,

C. Shoulder Drive

1. A strong drive over the outside shoulder of the protector an all out assault to whip the blocker physically.
2. No fakes--simply a power thrust at the point where the passer sets up.
3. Force the protector back into the QB--good versus a back blocking when he is physically a weak blocker or sets to close to the passer.
4. It is vital that the inside shoulder be forward and under the blocker's pads and that you maintain leverage and momentum.
5. When using against a blocker on the LOS, a lead step and shoulder fake inside is sometimes good.

D. Quick Drive

1. Utilizing speed and quickness to outrun the blocker that sets to tight, has poor feet, or crosses over.
2. Best time to use is on a stunt
3. Widen alignment slightly
4. Sprint past blocker on snap using a head fake inside to freeze blocker is often effective.
5. Counter move--throw and escape inside only if you are still in position to contain if you have that responsibility.

E. Good technique alone will not get you to the QB--You must have great desire and effort if you are to be successful.

I. STANCE

- A. If aligned on the TE, we are in a two point, parallel stance. Must be in a good quarter eagle hitting position. Knees bent, back straight, ready to move and react.
- B. If aligned on air, we are in a two point slightly staggered stance with the outside leg back.
- C. Occasionally we will be in a three point stance.

II. ALIGNMENT- Alignments vary according to the defense called and the offensive formation. Alignments you will use are as follows:

A. Stud and Whip vs. a TE

- 1. "6" Alignment - Head up or nose on the TE. On LOS



- 2. "9" Alignment - Split outside foot of TE. On LOS



- 3. Loose "9" Alignment - Inside toe even with outside toe of TE. On LOS.



- 4. Tight "9" alignment - Inside eye on outside eye of TE. On LOS



- 5. "8" Alignment - 1-3 ft. outside of TE. On LOS

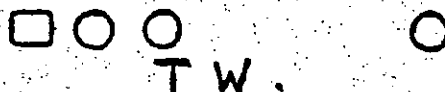


- 6. "7" Alignment - Outside eye on inside eye of TE On LOS



B. Whip Vs. a Split End

- 1. Press Alignment - On LOS in a position where the TE would normally be lined up.



- 2. Stack Alignment - 4 yards deep - Inside shade on Offensive Tackle.



3. Stack Alignment - Split the inside foot of def. tackle at 4 yards off LOS



4. Walk Away Alignment - Split the difference between off tackle and receiver.



5. Heads Alignment - Split outside foot of wide receiver 2-2½ yards off LOS. Key X-Bump Tech. -- read flow.



III. SPLIT RULES AND ADJUSTMENTS

A. Base Technique:

1. TE splits 1 to 5 yards - align in a "6" (nose up).
2. TE splits over 5 yards - align normal. May use turn-back stance. Be alert for crack back block.
3. If involved in coverage, align in a position to best handle both run and pass responsibilities.

B. Force Technique - Force Run:

1. TE splits 1 to 5 yards - align in a "6" (may cheat to shade inside at 4-5 yards).
2. TE splits over 5 yards - align normal. Be alert for crack back blocks. May use turnback stance.

C. Anchor Technique:

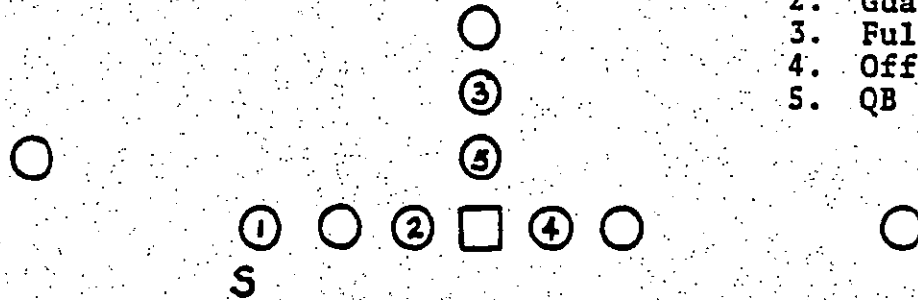
1. Normal alignment in Anchor technique is a Tight "9".
2. Maintain normal alignment up to 5 yards split by TE.
3. TE splits 5 yards or more - go back to normal alignment as you would in Base. Be alert for crack back block. May use turnback stance.
4. When playing an Anchor technique in an 8-man front, apply coverdown rules and rush late.

IV. KEYS

Key will differ according to the defense and the technique used. However, listed below are our basic keys for our outside linebackers.

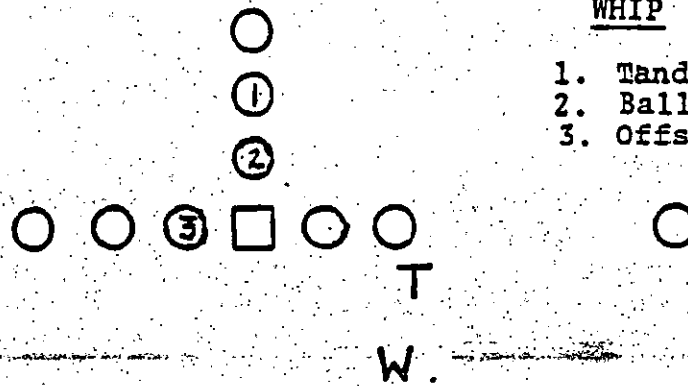
STUD

1. TE
2. Guard - Nearback
3. Fullback
4. Off-guard
5. QB



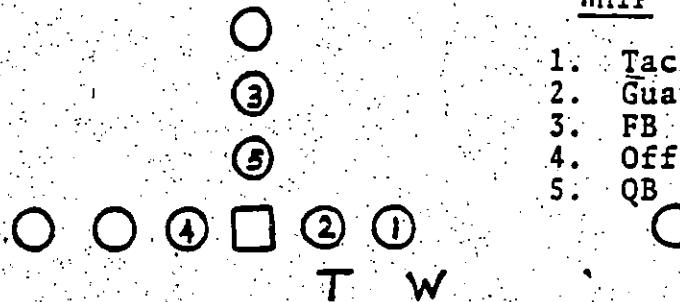
WHIP

1. Tandem/Nearback
2. Ball
3. Offside Guard



WHIP

1. Tackle
2. Guard
3. FB
4. Off-guard
5. QB



TECHNIQUES FOR OUTSIDE LINEBACKERS

- I. BASE TECHNIQUE - Calls for Stud and Whip to play their basic reading technique with normal alignment stance and keys. You have fill responsibility - O gap - QB on options.

- II. ANCHOR TECHNIQUE - Will be played when T and ILB to your side have a change of gap responsibility (i.e. T responsible for B gap and ILB responsible for C gap) OLB will take a "Tight 9" alignment and must keep the TE or Slot off of the ILB. Do not allow him a clean release inside. You are vulnerable to be hooked but you will always have a quick force man outside of you. You have fill responsibility - O gap - QB on option unless TE blocks inside in which case you will wrongarm secondary blocker and force ball to bounce outside.

- III. THUNDER TECHNIQUE - Gives you force responsibility which means you must contain all outside running plays to your side. You are responsible for turning any sweep inside and taking the pitch man on options. You will revert to your base or fill responsibility if you get a down block by the TE. Treat "T" scheme same as TE arch release.

- IV. 5 TECHNIQUE (LOOSE) - Whip will be in a loose 5 technique when we are in our reduced fronts. We must NEVER be reached when playing a 5 technique. We will operate from a 2 point stance and will utilize our hand shiver or shoulder-forearm shiver in neutralizing the tackle's block. We will play all secondary blocks from onside guard or FB with inside pad. Come over block of offside guard or FB with inside pad. Come over block of offside guard. You have QB on all options to your side unless you get a down block by the tackle. Close with down block and tackle and dive back. On flow away, you will squeeze the cutback physically and trail.

I. NEUTRALIZE BLOCKER - Block protection

A. Hand Shiver: We will use this technique more than any other in defeating blockers. In order to play OLBer, you must be able to execute this technique.

1. When used on high blocks - Drive hands up and out under shoulder pads of blocker. Keep your elbows in close to your side for more power. Drive his momentum up and away. You must create a separation between you and the blocker.

2. When used vs. low blocks - Keep your eyes on the blocker bend your knees and stay square to LOS. Drive hands down and through blockers head and shoulders. Be ready to give a little ground as you drive him to the ground.

B. Forearm Shiver: Look at the blocker and drive forearm up under his pads in an explosive lifting motion. You must strike with enough force to create a separation between you and the blocker. Keep your arm free to the side of responsibility. Use this free arm to shed the block. Constrict the hole with the blocker as you throw.

Coaching Point--

After striking with forearm, utilize the striking arm into a hand shiver to separate from blocker.

C. Shoulder Shiver: Same as forearm but delivered with the shoulder. Used to stack up a hole and drive blocker back into ball carrier. Would be used more in goal line and short yardage situations. Could be effective vs. fullback on kickout block.

II. ESCAPE - To get rid of the blocker

A. Throw: Grab the blocker and throw him away from the POA while pulling yourself or stepping to the POA.

B. Slide: Stepping laterally, or back and laterally toward the POA. Sometimes it may be necessary to give some ground to escape a blocker.

RUN SUPPORT RESPONSIBILITIES

We defend the end run with three types of support to both the strong (2 receiver or wide field) side and the weak (1 receiver or boundary) side. They are as follows:

I. STRONG SIDE

1. Switch
 - SS has force
 - OLB has fill
 - SC has sec. containment
 - FS has sec. leverage
 - BC has cutback
2. Cloud
 - Corner has force
 - OLB has fill
 - SS has sec. containment
 - FS has sec. leverage
 - BC has cutback
3. Thunder
 - OLB has force
 - Corner has sec. containment
 - FS has sec. leverage
 - BC has cutback
 - SS has sec. leverage
4. Dog (Thunder)
 - OLB Force (Does not revert to Base vs. down block)
 - Tackle - fill

II. WEAK SIDE

1. Cloud
 - Same as above
2. Slam
 - FS has force
 - OLB has fill
 - BC has sec. containment
 - SS has sec. leverage
 - SC has cutback
3. Thunder
 - OSB has force
 - BC has fill
 - FS has sec. containment
 - SS has sec. leverage
 - SC has cutback

III. FILL OR FORCE

On running plays your way, you will have one of two assignments, either FILL or FORCE.

- A. FILL - This is your normal assignment. It means to maintain inside-out relationship on the ball in order to make the tackle or force it wide into our Force man. It is important that you do not open up an inside running lane when you have FILL responsibility. It also means that you have QB on option plays. You have O gap responsibility.

1. vs. Off Tackle or Sweep Plays - Take on blockers with inside shoulder and forearm (high blocks) or hands (low blocks) while still in position to make tackle or force ball carrier wide. Keep feet and shoulders pointed to the goal line.
2. vs. Options - USE SWEAT TECHNIQUE - Retreat off LOS (don't get up field). Stay square (shoulders parallel to LOS) settle back off LOS about arms distance from QB. Tackle QB if he cuts up field inside you. Don't commit too soon or give yourself up on QB. If he pitches, pursue laterally to pitch man. In goal line area, use Blood Technique.
3. Vs. Speed Option (no dive fake) - Use above technique but can maintain a further relationship from QB. You should get more help from your inside LB and tackle and by sweating wider you can get to the pitch man quicker. The Force man needs more help on this because he has a lead blocker.
4. Vs. Outside Veer (TE normally blocks down) - Tackle the dive back deep in the backfield. If guard pulls, come under his block and tackle dive

B. THUNDER FORCE - Means to keep the ball to your inside. Pitch responsibility on option plays.

1. Vs. off tackle or Sweep plays - Maintain the lateral "plane" and take on blockers with inside shoulder and forearm (high blocks) or hands (low blocks). Keep ball carrier to your inside without opening up too big of an inside running lane or getting separated from defensive tackle.
2. Vs. Options
 - a. Dive or Belly Option - Widen in relationship to pitch man. Be in a position to tackle him for no gain if the QB pitches him the ball. If the QB cuts up field, stay with the pitch man.
 - b. Vs. Speed Option - Get up field and take on the lead blocker before he has a chance to turn up field and cut you down. If the QB cuts up field with the ball, stay with the pitch man.

INDIVIDUAL TECHNIQUES VS. THE RUNNING GAME

Most of the time you will play one of the following techniques. You must learn to master each of these techniques and execute them with great effort and without error.

I. BASE TECHNIQUE

A. Stud

1. "9" Alignment on the TE. Loose "9" if force responsibility.
2. Stance- Two point, parallel
3. Key - TE
4. Run Responsibility-
FILL. "O" gap and constrict "C" gap.

B. Whip

1. Align - Sink or press vs. split end and "9" vs. a TE
2. Stance- Two point
3. Key - vs. SE - QB back to ball (see the tackle)
vs. TE - TE to near guard-near back
4. Run Responsibility-
FILL. "O" gap and constrict "C" gap.

C. Block and Run Reaction vs. a TE

1. Drive Block



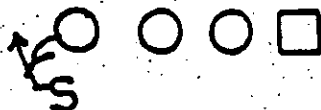
- a. Drive hands or inside forearm and shoulder up and underneath blockers pads. Do not be knocked off LOS.
- b. Control blocker and keep him away from body.
- c. Hold position of responsibility until POA established.
- d. Get rid of blocker and move to POA.

2. Turn Out Block



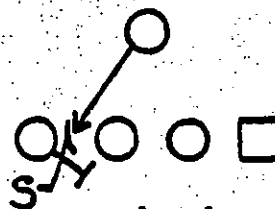
- a. Same as vs. Drive Block. Drive blocker into "C" gap
- b. Do not be widened.

3. Hook Block



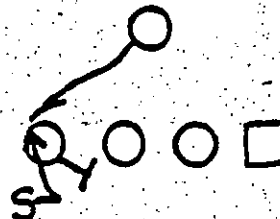
- a. Maintain leverage on blocker by taking lateral step with outside foot as he moves.
- b. Use hand shiver to neutralize block.
- c. Use hands to turn blockers pads-pushing his outside shoulder and pulling inside pad to you.
- d. May also use shoulder shiver to maintain leverage and drive blocker into backfield.
- e. Maintain relative distance between the tackle and the force man to your side.
- f. Throw block inside or outside depending on position of back and pursue the ball.

4. Down Block (with near back kick out)



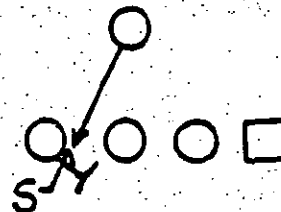
- a. Take lateral step inside as you get your hands on the TE.
- b. Keep outside leg back and shoulders parallel to LOS. Read path of near back and attack him on LOS with your inside shoulder and forearm.
- c. Do not work up across LOS
- d. Stuff blocker and make tackle or force ball carrier wide.

5. Down Block (with nearback hook)



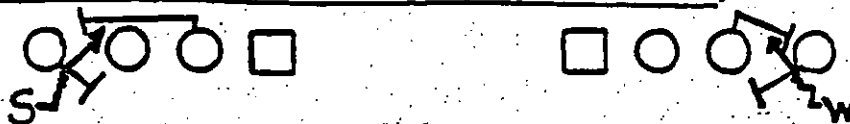
- a. Step with inside foot first.
- b. Key angle of blockers approach.
- c. Widen immediately while taking up slack, and take on blocker with hands (low block) or inside forearm across his face.
- d. Stay square and shed blocker while on the move.

6. Down Block (Outside Veer)



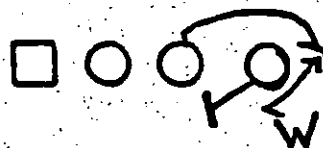
- a. Step with inside foot first and tackle veer back.
- b. Cause pile in the backfield and force QB deep if bringing ball on outside.

7. Down Block (with guard or tackle kick out)



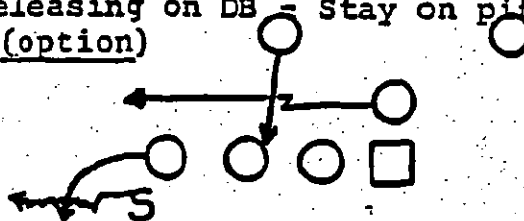
- Mirror step with TE. Constrict "C" gap and stay square.
- Do not cross LOS
- Pick-off G or T with up field shoulder and tackle first running threat.

8. Down Block (with Tackle Hook)



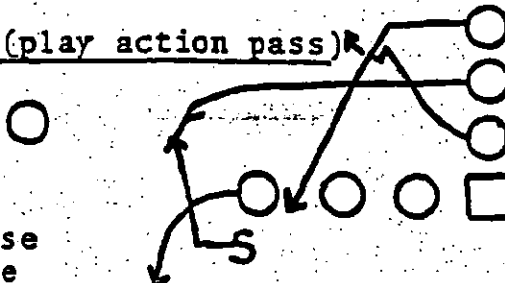
- Mirror step with TE.
- Read angle of secondary blocker.
- Accelerate upfield through blocker's outside pad.
- Drive blocker into backfield.
- If OT is arch releasing on DB - Stay on pitch if you have force res.

9. TE Release Outside (option)



- Mirror step with TE. Get hand on him and read back inside.
- When you read option, settle off LOS and play for "Pop" pass.
- Sweat QB and take him if he tries to turn up.

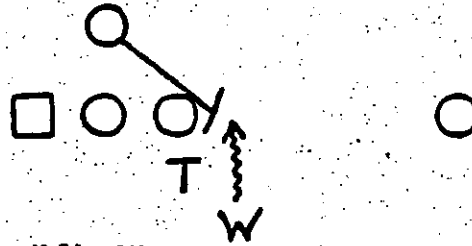
10. TE Release Outside (play action pass)



- Mirror TE release
- Read back inside
- Read angle on secondary blocker (FB)
- Do not allow him to get on your outside hip
- Close area on blocker using hands to play off block
- Rush and contain

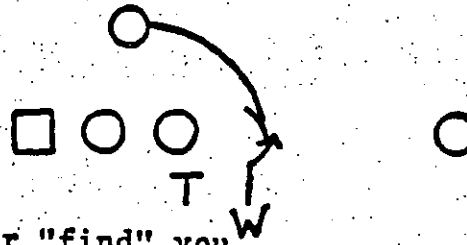
D. BLOCK AND REACTION VS. A SE

1. Near Back Kick Out



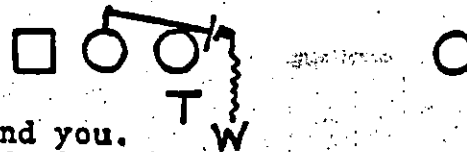
- Make the blocker "find" you. Remain in sink or stack align as long as possible. Do not cross LOS.
- Attack blocker with inside shoulder and forearm. Keep outside leg back and shoulders parallel.
- Stuff blocker and make tackle or force ball carrier wide.

2. Near Back Hook



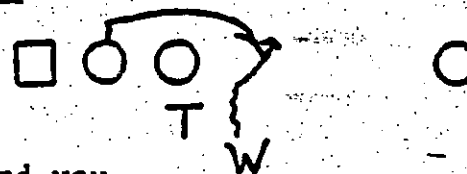
- Make the blocker "find" you.
- Key angle of blockers approach.
- Widen while taking up slack, and take on blocker with hands (low block) or inside forearm across his face.
- Stay square and shed blocker while on the move.

3. Guard or Tackle Kickout



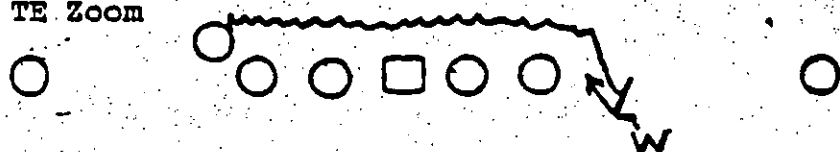
- Make blocker find you.
- Read angle of blocker.
- Take block on with inside forearm or shoulder.
- Stay square and shed blocker while on the move.

4. Guard or Tackle Hook



- Make blocker find you.
- Read angle of blocker
- Widen and take up slack on blocker
- Play blocker with hands
- Stay square and shed blocker while on the move.

5. TE Zoom



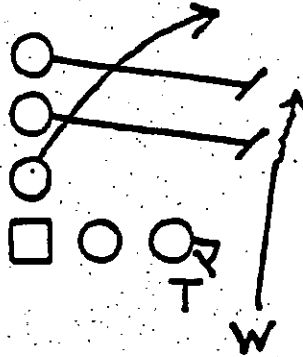
- Play block with outside pad (come under) unless you have Thunder Force.
- With Force responsibility you must play blk. with inside pad.

6. Crack Back Block



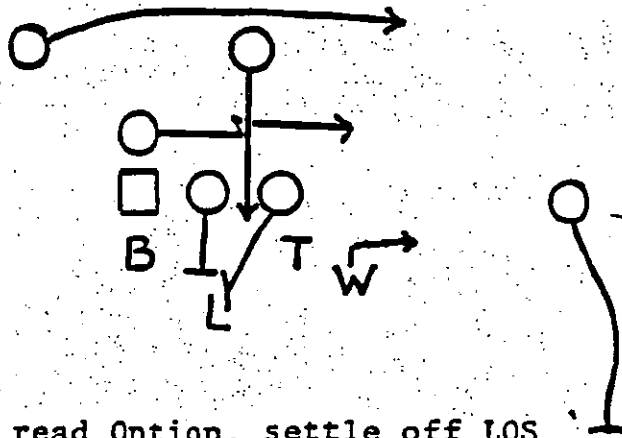
- a. Either beat blocker across line or
- b. Play across his face with inside forearm or hands.

7. Tandem Block vs. Jet Pass



- a. Do not get tied up with first blocker.
- b. Do not widen too much as you get up field to contain
- c. Take on second blocker in tandem with inside forearm or hands.
- d. Take up slack and keep ball on inside eye.

8. Vs. Option - Sweat Tech.



- a. When you read Option, settle off LOS and sweat QB.
- b. Be in position to tackle him for a 2 yd. gain if he tries to keep the ball.
- c. If the QB pitches the ball, open up to the outside and overlap with force man on back.

II. Anchor Technique

A. Stud

1. Align - Tight "9" Alignment on TE
2. Stance-)
3. Key -)
4. Run Responsibility -) Same as base

B. Whip

1. Align - Tight "9" Alignment on TE. Base alignments vs. air
2. Stance-)
3. Key -)
4. Run Responsibility-) Same as base

C. Block and Run Reaction vs. TE

1. Drive Block



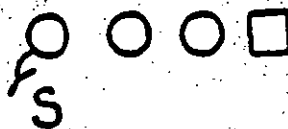
a. Same as base

2. Turn out Block



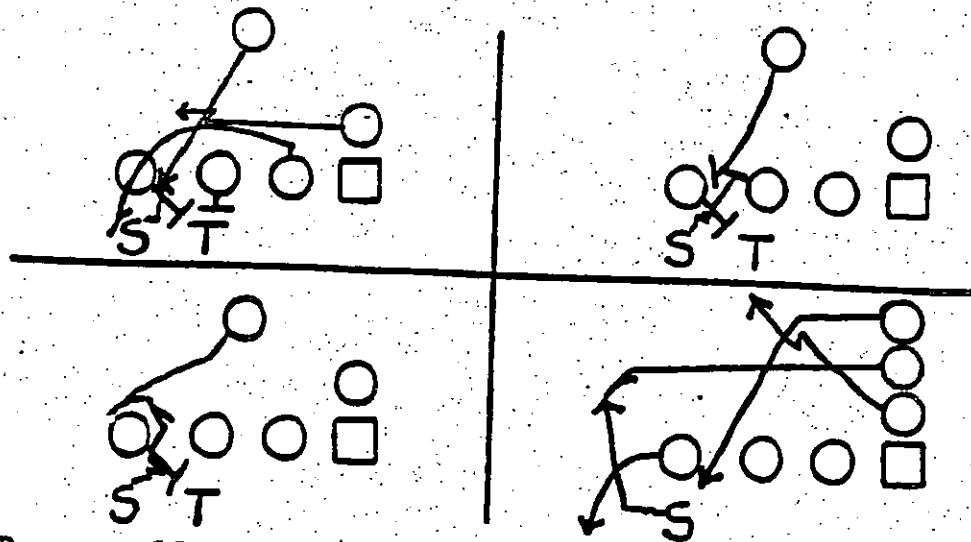
a. Same as base

3. Hook Block



- a. By alignment, you are in position to be hooked.
- b. Use hand shiver or shoulder shiver to get under blocker's pads and drive him up field.
- c. Widen with him 3-4 steps and then use "pulling" technique to throw block and escape inside.
- d. Remember--You will always have a quick Force man when you are in an anchor technique. Do not widen too much before you throw.

4. All Down Blocks by TE



- Do not allow TE to get to ILB on inside release.
- Get hands on TE and ride or "anchor" him tough.
- Come under

Secondary blockers - force ball to bounce.

D. BLOCK AND RUN REACTION VS. SE

- An Anchor tech, will be played the same as base if you are aligned on air.

III. THUNDER FORCE

A. Stud

- Align - Loose "9"
- Stance - TE
- Key - FORCE.
- Run Responsibility - Visual Contain on run away.

B. Whip

- Align - Same as Base unless front or coverage dictates different
- Stance - Depends on Coverage.
- Key - FORCE.
- Run Responsibility - Visual Contain on run away.

C. Block and Run Reaction Vs. a TE - Same as in Base technique except:

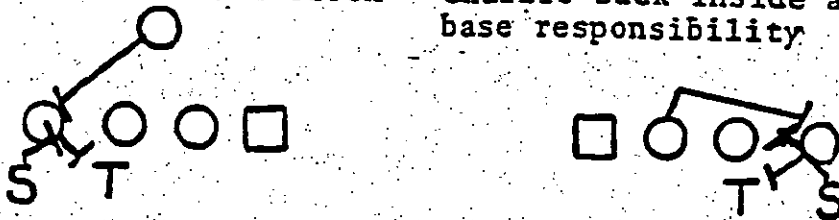
1. Hook Block:



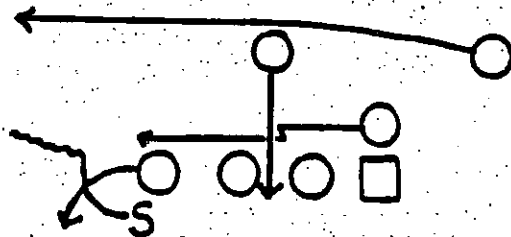
- Mirror step and maintain outside leverage.
- Drop inside shoulder and "Rip" across TE's blocking surface getting upfield as quick as possible.
- Build a "Wall" and turn ball inside as quick as possible.
- Beat TE's block and force secondary blocker to have to pick you up.

2. All Down Blocks by TE

- a. Read down block - Shuffle back inside and execute base responsibility

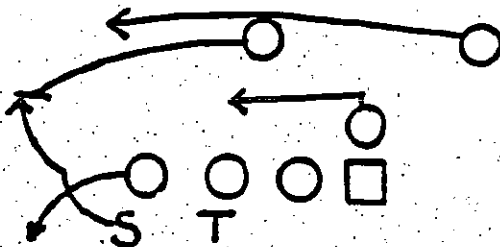


3. TE Release Outside and Dive Option



- a. Do not get sealed off inside by TE's release.
b. Widen in relation to pitch man. Sweat and take pitch.

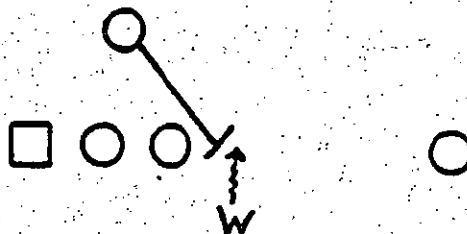
4. TE Release Outside and Speed Option



- a. Do not get sealed off inside by TE's release.
b. Take up slack on lead blocker. Use hands or inside forearm.
c. Do not let ball get outside.

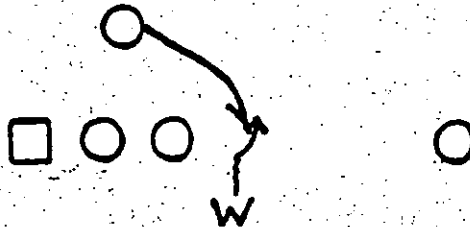
D. BLOCK AND RUN REACTION VS. A SE

1. Kick out block by near back or lineman



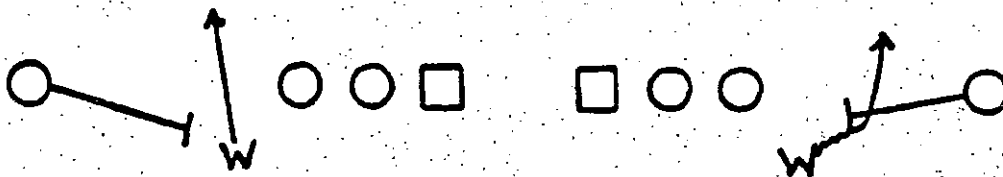
- a. Stay square on LOS and play the blocker aggressively.
b. Maintain outside position but squeeze the play inside.
c. Tackle runner from outside in.
d. Do not let ball bounce outside.

2. Hook Block by near Back or Lineman



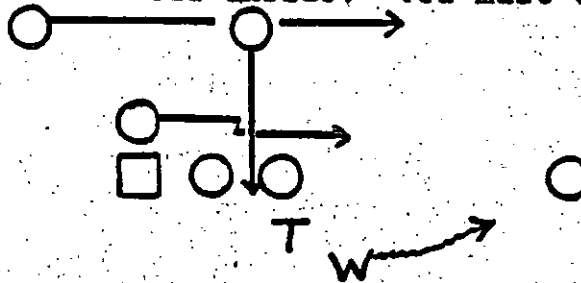
- a. Widen and take up slack on blocker
- b. Take on blocker with hands or inside forearm across his face
- c. Shed Blocker while on the move
- d. Do not allow ball to bounce outside

3. Crack Back Block by SE



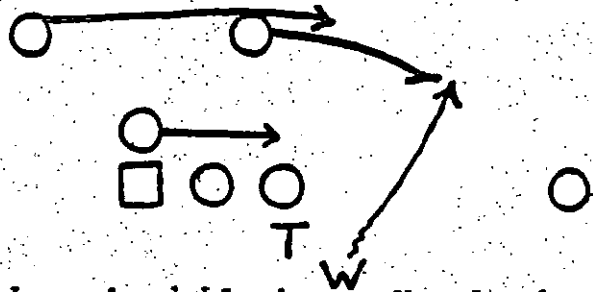
- a. Beat blocker across line or
- b. Play across his face with inside forearm or hands
- c. Do not get sealed off inside. You must contain.

4. Dive Option



- a. Remain slightly off LOS and widen in relation to pitch man. Sweat and take pitch.

5. Speed Option



- a. Take up slack on lead blocker. Use hands or inside forearm. Stay square.
- b. Do not allow ball outside.

IV. 5 (TECH WHIP)

A. Whip

1. Align - 5 (Loose) on Tackle
2. Stance - $\frac{1}{2}$ Eagle
3. Key - Tackle
4. Run Resp. - "C" Gap

B. Block and Run Reaction

1. Base Block



- a. Drive shoulder and forearm shiver up and underneath blocker's pads. Maintain outside leverage.
- b. Do not be knocked off LOS and do not widen the hole. Maintain relative distance with DT.
- c. Control blocker and keep him away from your body.
- d. Hold position of responsibility until POA is established.
- e. Accelerate off block to POA.

2. Turn Out Block



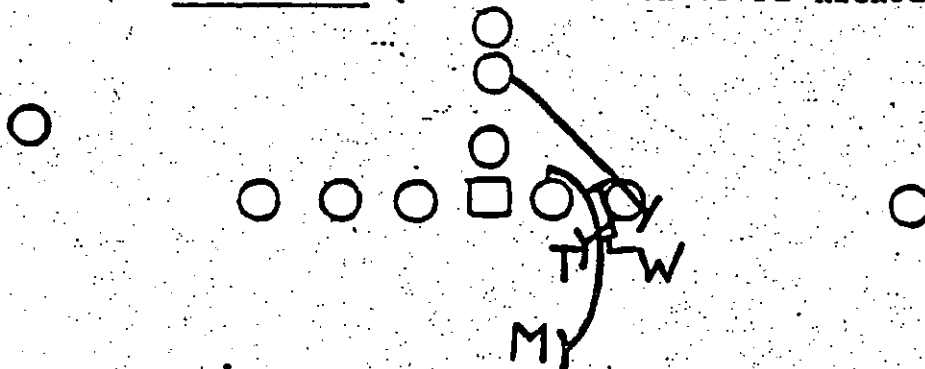
- a. Do not allow blocker to work his hips into B Gap.
- b. Constrict B Gap with blocker - Do not be widened.
- c. Keep pads parallel to LOS.

3. Hook Block



- a. Maintain outside leverage on blocker by taking lateral step with outside foot as he moves.
- b. Use shoulder shiver and forearm to neutralize the block and create a separation from the blocker.
- c. Work blocker upfield into the backfield.
- d. Maintain relative distance between the tackle and force man to your side.
- e. Throw block inside or outside depending on position of back and pursue the ball.

4. Down Block (with near back or FB kickoff)



- Slight lateral step inside - getting hand shiver into outside hip of OT if he is on angle to block ILB.
- Keep pads parallel to LOS.
- "Pick-off" guard with inside pad on "step-it" blocking scheme. Must not allow him to get on ILB.
- Play underneath the block of the back.
- Force ball to bounce outside.

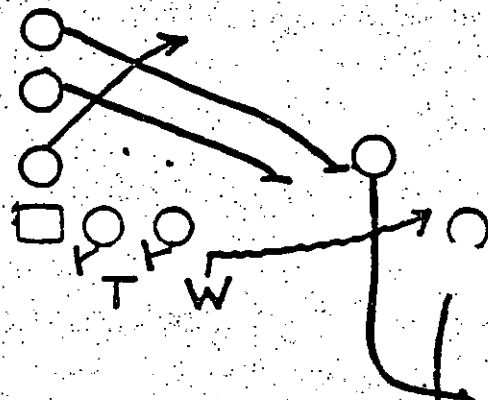
5. Down Block (with onside or offside guard kickoff)



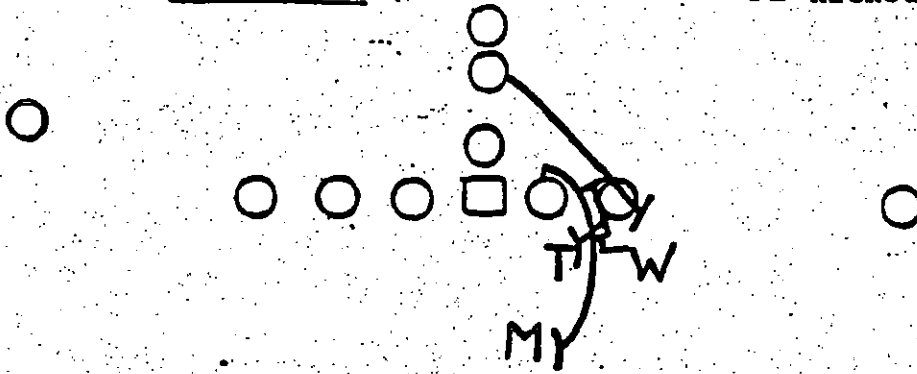
- Hand shiver to hip of OT if on course to ILB.
- Do not get up field- stay on your side of LOS
- Keep pads parallel to LOS
- Play block with inside shoulder and forearm.
- Maintain relative distance with DT

6. Jet Action Pass

- Recognize "turn back" protection by OT.
- Sprint for width as quickly as possible
- Do not worry about getting upfield to quick - just get width and keep the QB contained.
- Pressure will be applied on QB by our down linemen and Mike LB if you can keep the play contained.

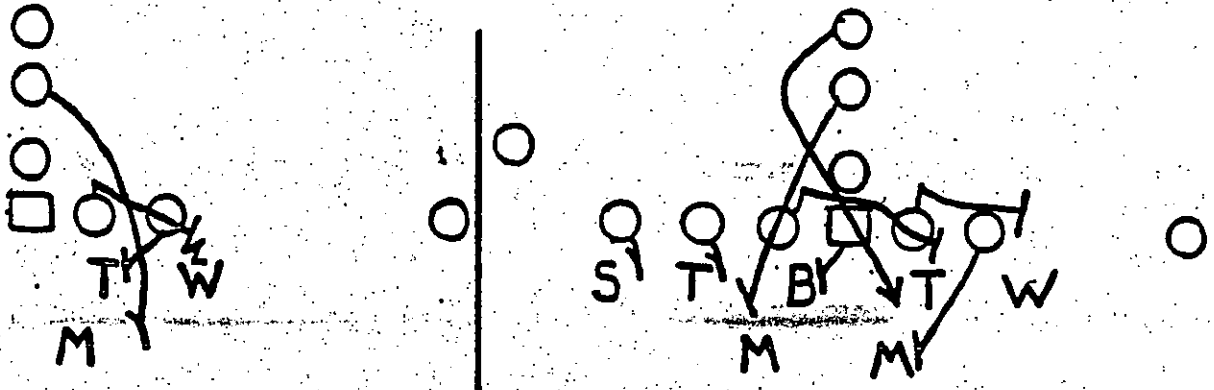


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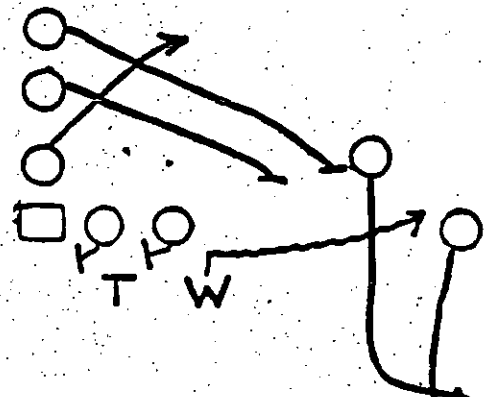
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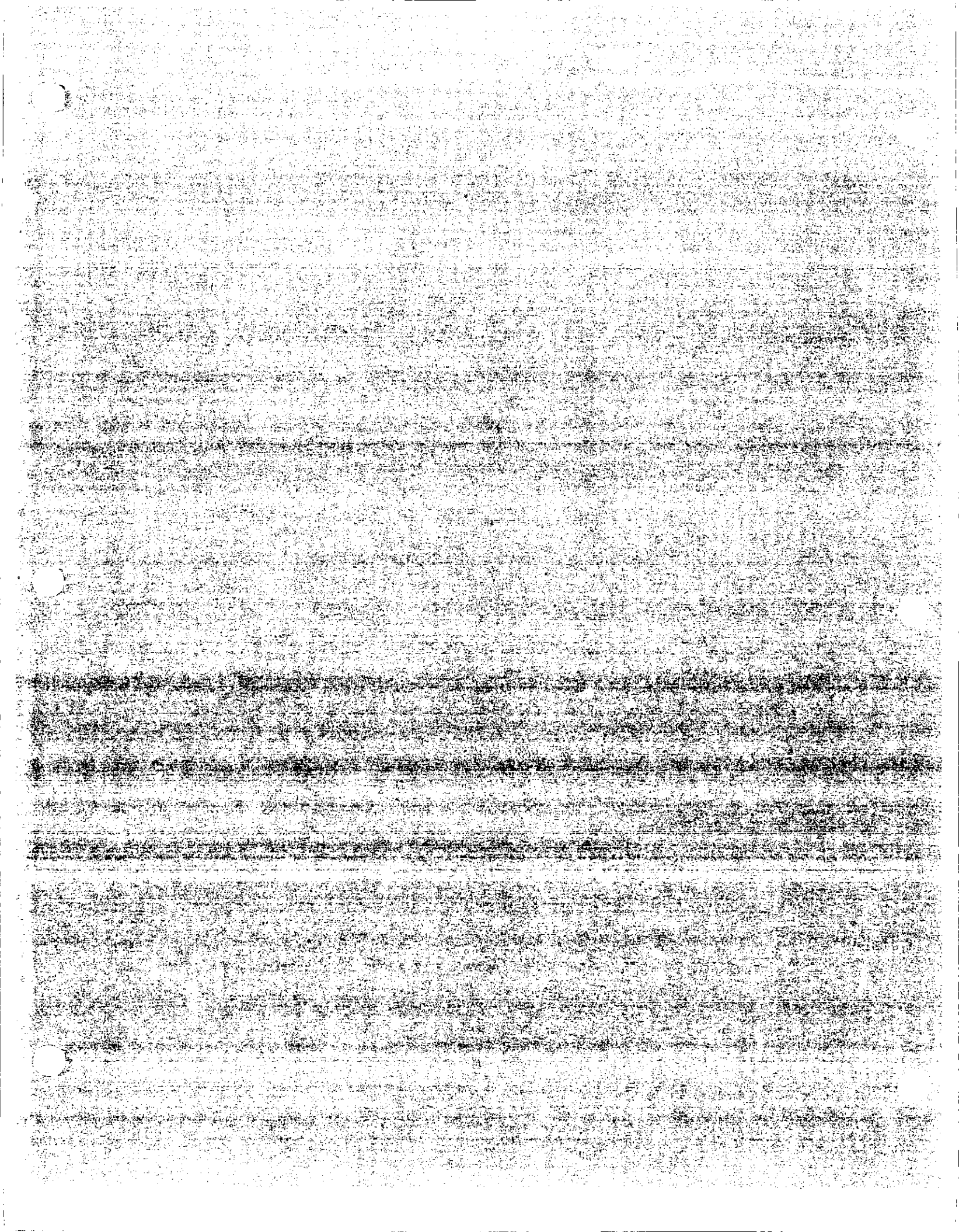


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SECONDARY TERMINOLOGY

ARC BLOCK	TE's block on strong safety or corner on veer option play
BALL	Call when football is in the air
BOOTLEG	QB fakes to Backs in one direction but runs with ball in the opposite direction
CHECK	Call made to alert defense for change in coverage
CLOUD	Outside rotation of CB into flat. CB also has primary run support
COLLISION	Collision receiver when he runs out and up
CONTAIN	Stay outside of the ball through the outside shoulder keeping football inside of you
CRACK	Call made by the C's alerting the people inside that the receiver is about to throw a crackback block
CRACK & GO	Receiver fakes a crack block and runs a pass route
CROSS	Communication call alerting LB's and other DB's that receiver is running across the field
CURL ZONE	Pass area outside of hook area and towards flat area
CUSHION	To keep deeper than the receiver usually 4 yards
DEEP $\frac{1}{2}$	Deep pass zone, from sideline to imaginary line bisecting the field

DEEP MIDDLE 1/3	Pass zone, deeper than all receivers from hash to hash
DEEP OUTSIDE 1/3	Pass zone, deeper than all receivers outside the hash
DISGUISE	Trying to disguise coverage or alignment
DRIVE	Breaking on the football
FLAT ZONE	Pass zone 5 yards deep from curl area to sideline
FLOW	Backfield flow refers to direction of Backs. Ball flow refers to direction of ball
FILL WHERE NEEDED	Run support term. Tells DB to fill opposite of primary support man
FUNNEL	Action of jamming receivers to the inside by use of the hands
HEAD-UP	Alignment nose up on an offensive player
IN	Communication call during pass route alerting the underneath coverage that the outside receiver has cut to the inside
INDICATORS	Zone coverage tips to getting a good jump on the football: 1) QB eyes, 2) lead hand, 3) shoulder turn
INSIDE	Alignment with your outside shoulder on offensive player's inside shoulder
INTERCEPTION POINT	A point approximately 6 yards in front of receiver where the ball will arrive

HARD TECHNIQUE	To line tight on a receiver, particularly in funnel technique
KAMIKAZE	Run support technique. Dive over lead block to pitchman
LEAD	Block by back on man responsible for pitch on option
LEVEL OFF	Get into backpedal again
LEVERAGE	To keep inside or outside position on man
LOAD	Block by back on man responsible for QB on option
L.O.S.	Line of scrimmage
M/M COVERAGE	Man to man pass coverage
OFFSIDE	Area away from point of attack.
ONSIDE	Area toward point of attack
OSKIE	Term yelled loud when intercepting the ball
OUT	Communication call during pass route. Outside receiver has cut to the outside
OUTSIDE	Alignment with your inside shoulder on offensive player's outside shoulder
PASS	Call when pass is shown
PITCHMAN	Offensive back to receive the football on the

	pitch from the QB on any type of option
P.O.A.	Point of attack
PURSUIT	Angle taken to cut off ball carrier
RUN SUPPORT	Movement of secondary man to stop the run, supporting inside or outside
SECONDARY SEQUENCE	<ol style="list-style-type: none"> 1. Call in huddle 2. Recognize formation 3. Proper alignment 4. Key (take a picture) 5. Execute (Hard + Fast)
SHED	Get rid of blocker
SHIVER	Stepping and delivering a blow with the heels of the hands to the chest of the blocker
SHORT SIDE	Sideline nearest to the ball on the hash (boundary)
SHUFFLE	Move laterally without crossing feet
SHUFFLE STEP	Initial movement of strong safety and free safety when playing $\frac{1}{2}$ field
SIDELINE RULE	Align 1 yd. inside a receiver that is 6 yards or closer to the sideline
SKATE	Movement used in lateral pursuit, keeping outside leg and arm free
SWITCH	<p>Inside rotation of strong safety to flat.</p> <p>Strong safety or free safety has primary support.</p>

SLAM Movement of Squat Corner to a position inside X receiver on weak-side.

STALK BLOCK A block by the receiver on a defensive Back

STRONG SIDE The two receiver side

THROWBACK Ball is thrown back away from QB's roll

TORPEDO A technique for meeting a lead block. If blocker blocks you high drive your inside shoulder through his outside knee. Force the ball back inside or to bounce outside.

X The spread weakside receiver away from the Z-Y combination

Y The tight-end

Z Always the receiver on the strong side whether on or off the L.O.S.

ZONE COVERAGE DB's reading receivers and playing the ball within the zone the pass patterns take you to.

HAMMER Force technique used into boundary or versus a tight slot or wing. Force man aggressively takes on lead blocker with outside arm forcing ball to bounce wide and deep. Safety comes over the top

VISION POINT A point for the strong safety needed to secure the curl and defend the flat. Strong safety back peddles to a depth of 10-12 yards at a 45° angle. (taking width and depth) balancing on the QB and breaking to the ball on his shoulders.

DEFENSIVE SECONDARY PLAY

We are a four deep zone oriented pass defensive team with stress on playing man to man within our zones. We will play a two deep and three deep zone with four, five or six men in our underneath coverage. We will also play man coverage when we are involved in a blitz scheme or our goal line and short yardage penetrating type defenses.

We concentrate on playing man to man techniques in practice because in many cases our corners and sometimes a safety will be isolated on a receiver and be forced to play a man technique.

We strive to eliminate five basic mistakes in the secondary:

1. Don't allow a long TD pass.
2. Don't allow a long run.
3. Don't get knocked down.
4. Don't run around a block.
5. Don't blow an assignment.

We stress intense repetition, because it affords the best way of instilling confidence while emphasizing alignment and execution vs. all situations and field position as well as recognizing all formations and knowing the designated coverages vs. each formation while checking for width and depth of receivers and position on the field.

Each defender should have a thorough knowledge of each coverage and its strengths and weaknesses.

HOW TO RATE A SUCCESSFUL SECONDARY

1. Number of touchdown passes.
2. Average number of yards per completion.

3. Completion percentage.
4. Yards gained passing.
5. Number of interceptions.
6. Number of successful 3rd and long situations.

COACHING POINTS

1. Passing down defense play pass and do not support as quick.
2. A tighter alignment is played inside the 20 yard line. We play tougher and more man to man on the receiver in our zone, and line up tighter.
3. NEVER GET BEAT DEEP! They will catch some passes in front of us, but we will make them pay for every catch.
4. Take pride in intimidating the receivers! We want to be known as the best hitting secondary in the PAC-TEN Conference.
5. Three things anybody can do:
 - A. Know your assignment
 - B. Hustle
 - C. Hit
6. We will take great pride in our secondary and in being great hitters.
7. We made great progress in the spring! We want to be the best secondary in the PAC-TEN. This is a goal that we can and will reach.
 - A. Eliminate the long run and pass. Key and do your job first. Our backside corner must

- slow rotate and keep leverage on the ball.
- B. We must work daily and take great personal and team pride in our tackling. Two traits mark all GREAT secondaries. They are sure, tough tacklers, and they have GREAT PURSUIT.
 - C. Eliminate all missed assignments. We should never make a mistake or miss a coverage. Study your assignments all week, where you can play with confidence on Saturday.
-
- D. Never get beat deep! This is inexcusable. We have too much ability to let this happen.
 - E. Go on the field each day to get better, not just get through practice. We will work very hard. We will do a lot of film study. We are doing this for one reason: TO WIN! Everything we do is for this purpose.
 - F. Let's be the best in PAC-TEN.

TECHNIQUES

- I. BACK PEDAL--The Back Pedal is a series of short backward push steps that are from 12-14 inches in length. The feet are not lifted more than two or three inches from the surface. It is performed on the balls of the feet with the knees slightly bent, upper body relaxed and upper body lean slightly forward over center of gravity. The idea is that if the feet are never far off the ground, you can react faster when you have to.

ELEMENTS OF GOOD BACK PEDAL:

Start:

1. Push off back foot.
2. Step back with front foot.

Pedal:

3. Narrow base
4. Weight slightly forward
5. Upper body relaxed
6. Short quick steps
7. Do not cross over run until you have to
(receiver is closing)

Plant and Drive:

8. Lower your center of gravity
9. Get yourself stopped
10. Have foot to drive off of
11. Body lean and drive as you come off.

DEFEATING THE STALK BLOCK

Key the ball. When you get a run key, focus your attention on the receiver. ATTACK THE RECEIVER AS HE TRIES TO BLOCK YOU. Then grab his jersey at the shoulders and jerk with your inside arm and go inside. If he won't give, then jerk with the outside arm and go outside the receiver. Make sure you defeat the Stalk Block before going to the ball carrier. Get rid of the blocker as soon as possible and accelerate to the ball carrier. Don't let the stalk blocker tie you up.

PASS DEFENSE PRINCIPLES

1. Never let a man get behind you. If necessary, turn your back to QB - ball to prevent him from beating you deep.
2. If you lose more than a four yard (depth) cushion on a receiver you have to turn and run with him.
3. Never get closer than 6 yards to the sideline, except when the ball is in the air.
4. "Converge" - Run a 100 yard dash to the point of the ball - regardless of how far you may be from it. We must have more men catching the ball in the secondary than the offense has receivers. Be in position to catch the tipped ball or block the intended receiver.

5. We must tackle in the secondary. We are the last line of defense. Be under control in a good breakdown position and make sure of your tackle.
6. They may get the base hit, but never the home run. There is no excuse for the T.D. pass.
7. When a man leaves your area, watch for another coming back. Make everything happen in front of you.
8. Always strip the receiver when he catches the ball. Search for the ball - make him "cough" up the ball and cause a fumble.
9. Dare and invite our opponents to throw the ball in your area. Once in the air - the ball belongs to you.
10. Always try and maintain a depth and width cushion on the potential receiver until the ball is thrown. Depth cushion minimum of 4 yards. Width dependent upon ability and coverage concept.
11. Study the opponents carefully and be prepared to recognize and stop all pass cuts by our opponents.
12. Support the runs and running passes properly.
13. Look the ball into your hands. Catch the ball at its highest point. A pass interception with a normal run back is equal to a fifty yard run.
14. Never remain stationary. Keep moving and alert at all times.
15. You must take pride in not having passes completed

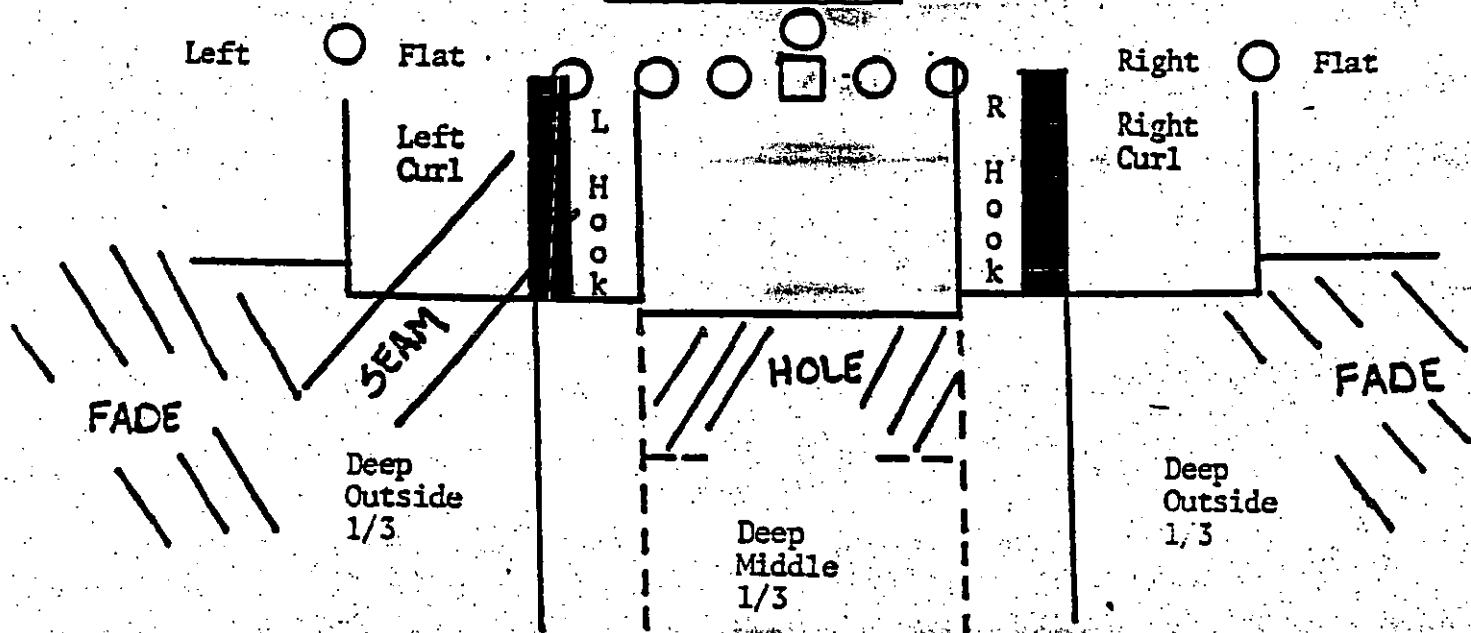
in your zone.

16. Talk to each other constantly.
17. Religiously read flow and your keys.
18. Uphold your belief in depth and containment by playing every play as a pass first.
19. Protect yourself from blockers - do not allow opponent to get into your body and never allow yourself to be knocked down.
20. Know our terminology.
21. Remember the two most important fundamentals in individual pass defense:
 - A. Position
 - play the ball - zone
 - play the receiver - man to man
 - B. Body Control
22. Do not run in circles - break at sharp angles.
23. Be outside conscious. Make no move inside until ball is thrown - maintain your perimeter - keep everything inside of you. Be equidistant.
24. Use wide-angle vision.
 - A. Learn to focus on spots (concentrate)
 - B. Extend your lateral vision - it can improve with practice.
 - C. Always watch the passer (zone cover) see receivers with wide-angle vision.
25. Play the ball tough.

- A. Intercept all passes, at their highest point.
 - B. Use body contact and violent downward flailing of the hands and arms to prevent completions.
26. Protect your area first - be sure your area is covered before lending assistance to another area.
27. If uncertain as to key - go to pass coverage. You can always uncover from there.
28. You should always be working to increase reaction time and interception distance. Anticipate/move on the shoulders, all defenders must converge to the area regardless of the distance away.
- "Anything can happen - the ball may be tipped - the ball may be intercepted - the pass may be completed and then you will have to race for the cut-off". "You must give a maximum effort to the point of ball."
29. Alignment may vary according to the offensive formation and the game situation.
30. Deep back - do not cover the hook or curl pattern until the ball is in the air.
31. Flow away - think - bootleg, play action, counter, reverse or transcon.
32. Get into pass route of a potential receiver in your zone while keying passer's eyes and the football.
33. Look for a pass in the following situations:
- A. After time outs
 - B. After penalties on our team

- C. After quarters, before the half and at the end of the game
 - D. After a substitution
 - E. After a fumble, an interception, long kick return (sudden change)
 - F. On first and ten situations, especially in 4 down territory
 - G. On second and short yardage
 - H. On third and long
 - I. Injury to one of our players.
34. The closer the opponent gets to our goal line, the tighter we must play them. Inside 20 YD. line rule.
35. The longer the passer has the ball, the deeper you should retreat.
36. If you trap the ball, jump up and hold the ball over your head - Let the official make the call.

ZONE PASS COVER



thirteen (13) areas that a zone team must have
age of in playing zone pass defense. They are:

1. Three (3) Deep 1/3's
 2. Two (2) Flats
 3. Two (2) Curls
 4. Two (2) Hooks
 5. One (1) Seam
 6. Two (2) Fades
 7. One (1) Hole
-
1. Three Thirds (1/3's)- Deep enough and wide enough to cover receivers or potential receivers in an area defined by formation, field, and flow
 2. Out Zone - 10-12 yards deep and wide enough to cover the widest eligible receiver to the sideline.
 3. Curl Zone - 12-18 yards deep between the flat and hook zones. (Anticipate the curl and move to it.)
 4. Hook Zone - 10-14 yards deep from the head of the center to the outside shoulder of a normally spaced third man.
 5. Seam - A diagonal area extending from the TE/slot, on the two receiver side through the outside 1/3 to the flag.
 6. Fade - 12-22 yards deep, directly behind the out, extending through and overlapping the outside 1/3.
 7. Hole Zone - 15-22 yards deep behind both hooks.

It is important to realize that we will be unable to cover all thirteen (13) areas and still maintain an effective

front forward wall. The important exceptions are the deep zones which will be covered on every down. The specific zones to be covered will be determined by:

1. Defensive call
2. Field position
3. Movement of the Football
4. Movement of Potential Receivers
5. Tendencies of Opponents
Favorite Pass Patterns

COMMUNICATION

(Talking by Defensive Backs)

It is imperative that all pass defenders talk to each other when a play develops. When you see something that will help a teammate, yell it loud. It is important to yell loud and clear as a teammate may be concentrating on something else and the crowd is often making a great deal of noise. THIS CANNOT BE EMPHASIZED TOO MUCH!

Corners and safeties should continually call out - "Run," "Deep," "Pass," "Ball," "Hook," "Cross," "Screen," "Reverse," "Bootleg," "Middle," "I'm Gone," or something that will help a teammate. In order to get maximum coverage from linebackers, the 4 deep should let them know what is happening. Most receivers are behind linebackers, and therefore, they are unable to see what they are doing.

This is a phase of the game where we can show decided improvement. Don't be bashful.

WE MUST DISCIPLINE OURSELVES TO COMMUNICATE WITH ONE ANOTHER.

DISGUISE

amount of time you disguise is governed by:

1. The cadence length
2. Ability of offense to audible
3. Two minute/prevent line up without disguise

Never threaten the concept of the coverage by not securing your area of responsibility through the technique of disguise.

COACHING POINTS FOR MAN-MAN COVERAGE

1. Keep all receivers in front of you.
2. Most breaks are made within a 12 to 15 yard area. If the receiver is still driving full speed at this point, the defender should turn and run and cover him deep.
3. You must close up your alignment from our 20 yard line in.
4. Play inside shoulder if receiver is within 6 yards from the sideline or a great distance from the ball, or no safety help.
5. When the receiver slows down, straightens up or chops his steps, he will normally enter a faking stage. The DB should stay low and under control as he back-pedals.
6. When running side by side with a deep receiver, get as close to him as possible. Then become a receiver and look for ball.

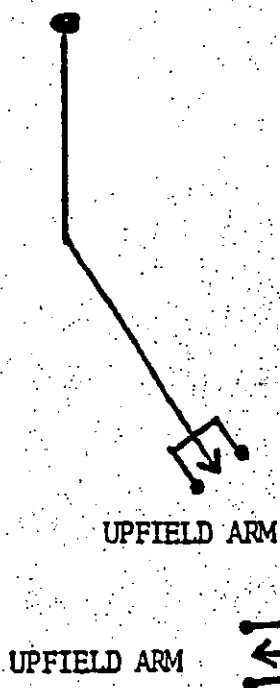
PLAYING THE BALL:

1. When DB drives - don't look at QB. Drive to interception point, not rec.
2. Don't cover man in dead area
3. Close cushion on receiver by accelerating, then look to ball.
4. Plant foot, lower hips, whip body, and drive to int. point - hip wheel.
5. Turn and run when you lose cushion. (don't get beat deep)
6. When you hear "Ball" look to intercept.
7. Collision any receiver running an out and up.
8. Play through receiver to ball.
9. Don't come underneath receiver unless sure on getting both hands on ball.
10. Always knock ball down with inside arm.
11. Intercept ball at highest point.
12. Look ball into hands and tuck it away.
13. Run up near sideline.

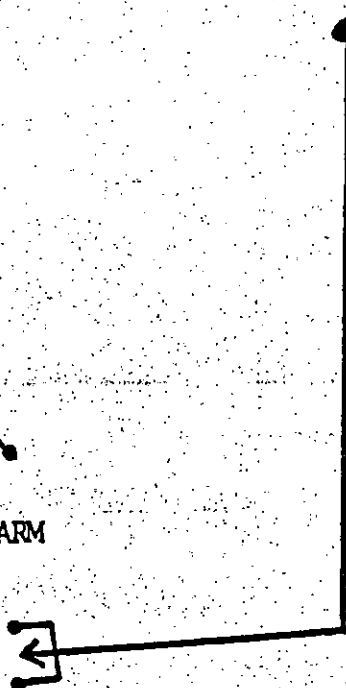
STRIPPING THE RECEIVER

1. If he is catching the ball and you can't intercept, rip the downfield arm which is the furthest from the ball and is the stop arm.
2. Rip him with your downfield arm and grab at the bend of the elbow and pull down hard.
3. Swing your other arm over the near arm and try to jar the ball loose.
4. When covering curl, we establish what side ball is coming, and rip that arm and belt him with other hand.

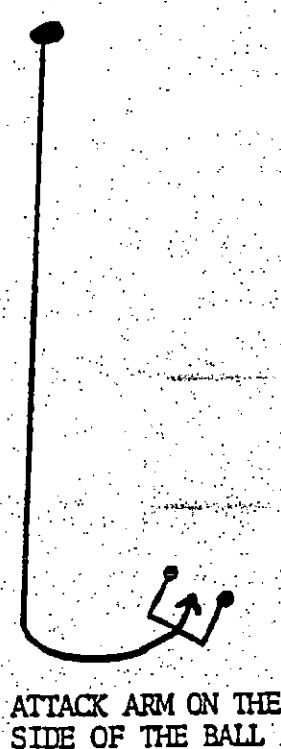
SLANT



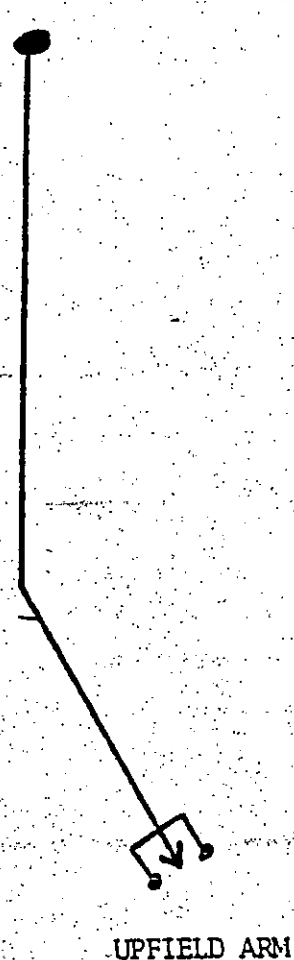
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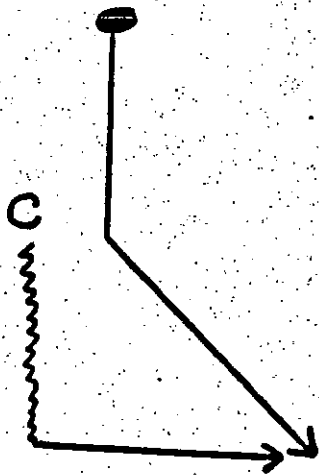


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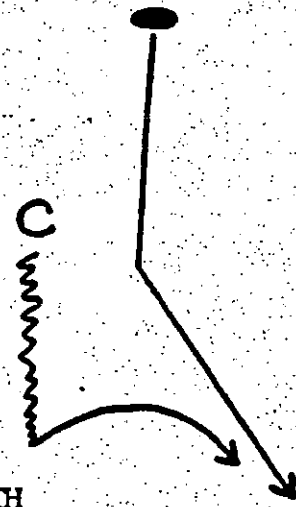


INTERCEPTION POINT

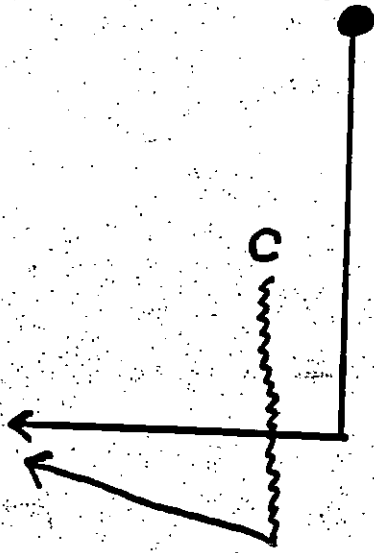
DON'T BE A FOLLOWER



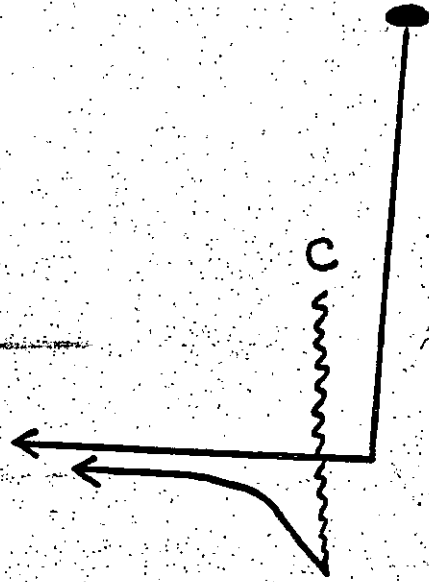
GOOD PATH



POOR PATH



GOOD PATH



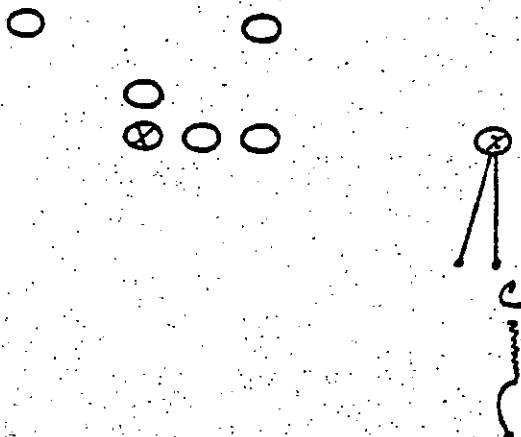
POOR PATH

MAN COVERAGE FROM THE OFF POSITION

1. Coaching Points:

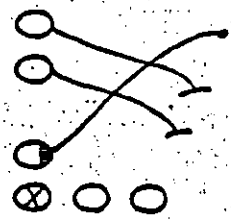
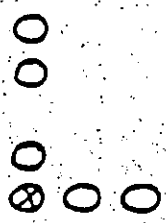
First, we want to align where we can use our help if we have it. In/out, we would align on the outside shoulder. Second, we want to always key the QB first for 3-step drop, then go to the receiver's belt as soon as the QB clears the 3-step area. Of course if we didn't have any help, we would align on the inside shoulder key exactly the same way.

If a receiver releases inside or vertical, the odds tell us that 85% of the time he will run some kind of inside route.

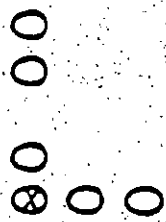


Note: We want to turn inside when our cushion breaks with these releases.

In keeping with the philosophy of playing percentages, we want to squeeze off the out on a sharp outside release of the wide receiver or full flow pass by the QB and both backs.



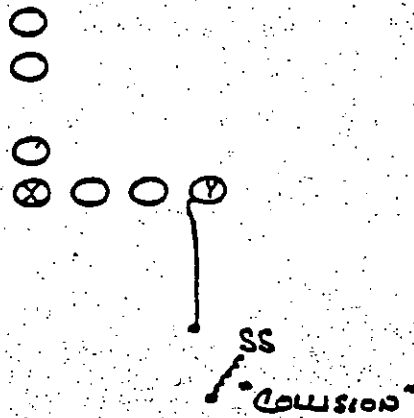
If a receiver starts to one side and causes us to open one way or the other, then breaks back the other way, we must head whip back and try to close back to the nearest shoulder to the QB and get in the throwing lane. Make sure that you accelerate on this move and don't look back for the ball until you have attained our hip pocket position. Make QB throw ball over you deep.



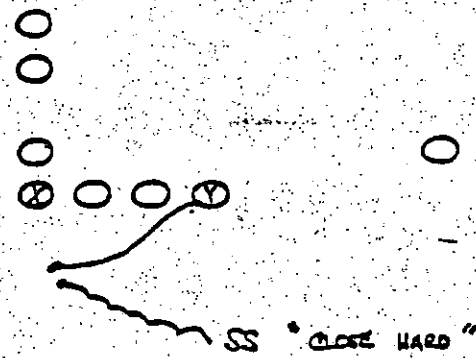
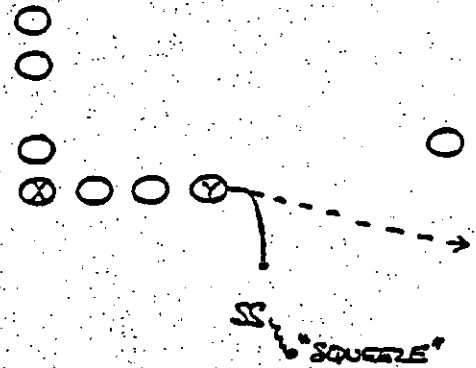
Playing the TE from off, we want to execute a few basic techniques.

1. If TE releases vertical, we want to pedal off to about 10 yds. and set down and collision him or make him try to run us over if he is going deep.
2. On an outside release, we want to squeeze him pretty good expecting dump or arrow routes to outside.
3. If flat inside, drag move close as fast as you can to deep shoulder.

1.



2.



ZONE AND MAN COVER TECHNIQUES

- Corners:
1. Collision Receivers
 2. Use of Varying Depths
 3. Use of Varying Techniques

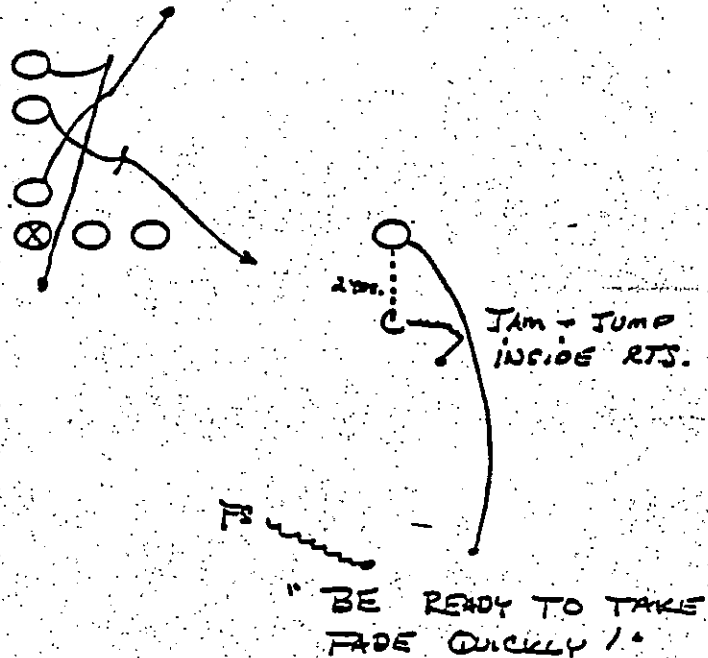
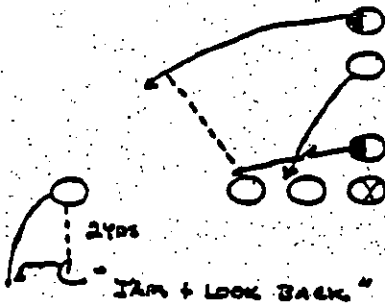
A. Hard Technique:

Used with 2 deep coverage or Cover 5. Technique involves lining up in a bump or hard alignment 2 yards off receiver in a head-up stance. When receiver releases, jam his inside shoulder and once you get control look back to run/pass key and react.

Run = Come off and force

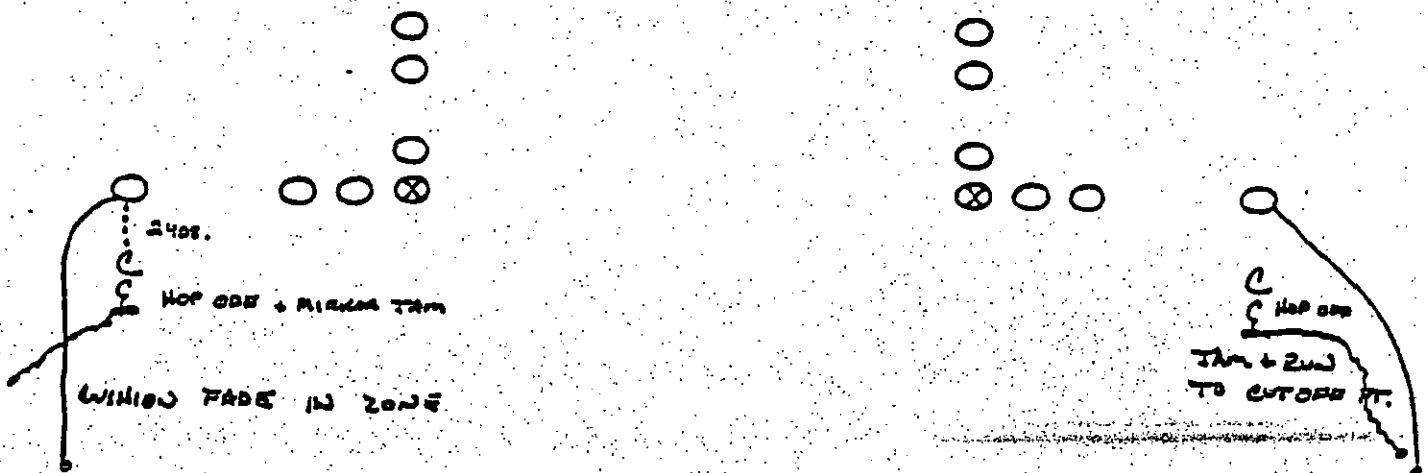
Pass = Collision and then squat hard on all short cuts from inside out.

Safeties must be aware that corners will not cushion fade if #2 receiver pulls them to flat immediately.



B. Bump Technique:

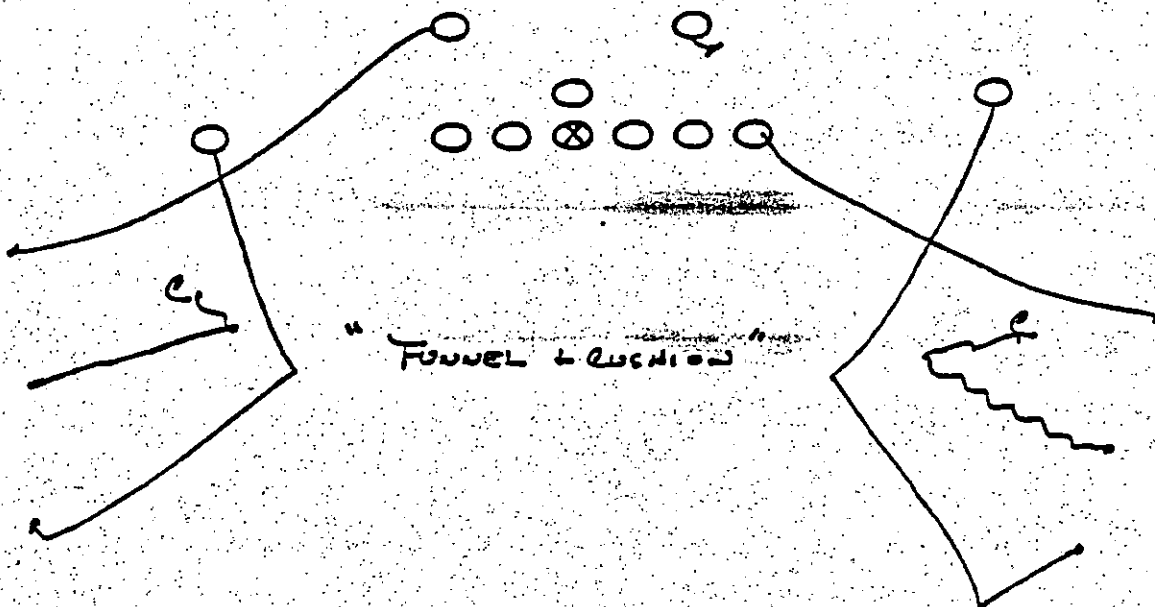
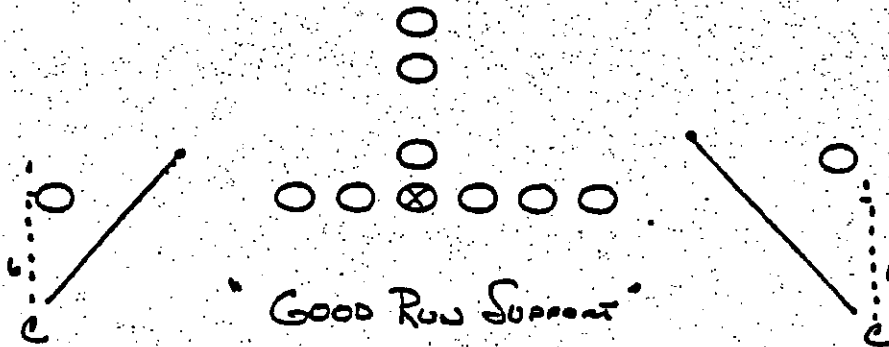
In this technique we align the same as the hard technique in zone but we are going to sink to the fade as we normally do in two deep defenses. The key thing is we want to hop off the balls of our feet on snap so that we cause even more separation from the receivers. Then we collision and cushion fade as normal. We could also use this technique while playing man/man with help or no help. With help we will mirror jam either shoulder depending on where our help is coming from. Note in m/m coverage that if the release is so radical outside or inside that we can't get a hit, we must run to the cut-off point which is our hip pocket position on receiver going deep.



Note: In this technique we must be able to react back on the run once we get control of the receiver.

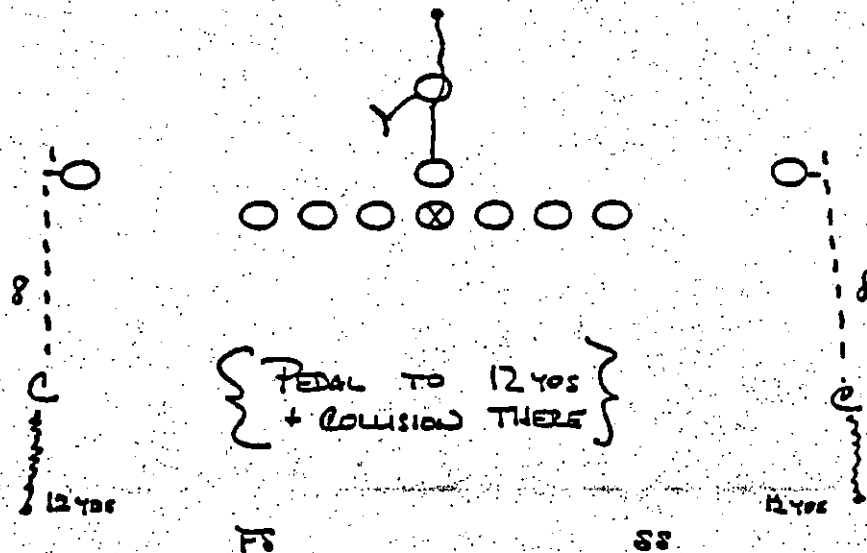
C. Base Technique:

This will be our standard technique in our 2 deep zone philosophy. It involves the corner aligning 1x6 outside of the WR and on the snap if it is pass funneling and cushioning the fade. The important point regarding this alignment is that it best affords maximum run support from our squat corners because our vision is focused on the ball first and not the receiver.



D. Catch Technique:

The catch technique again involves changing the depth of our zone squat corners. We will align 1x8 now and once we read the ball off the line (pass), we pedal off to 10 yds. and set the cloud down there to collision the receiver at an unusual depth. Benefits of this technique are that receivers will not expect to be hit at 10 yds. Also, when a receiver is at 10-12 yds., he is usually starting to make a distinct move either to run deep or short. Lastly, the QB-receiver combination may be baited into trying to throw outs in front of this technique and we will be able to squeeze that route very well with this technique.



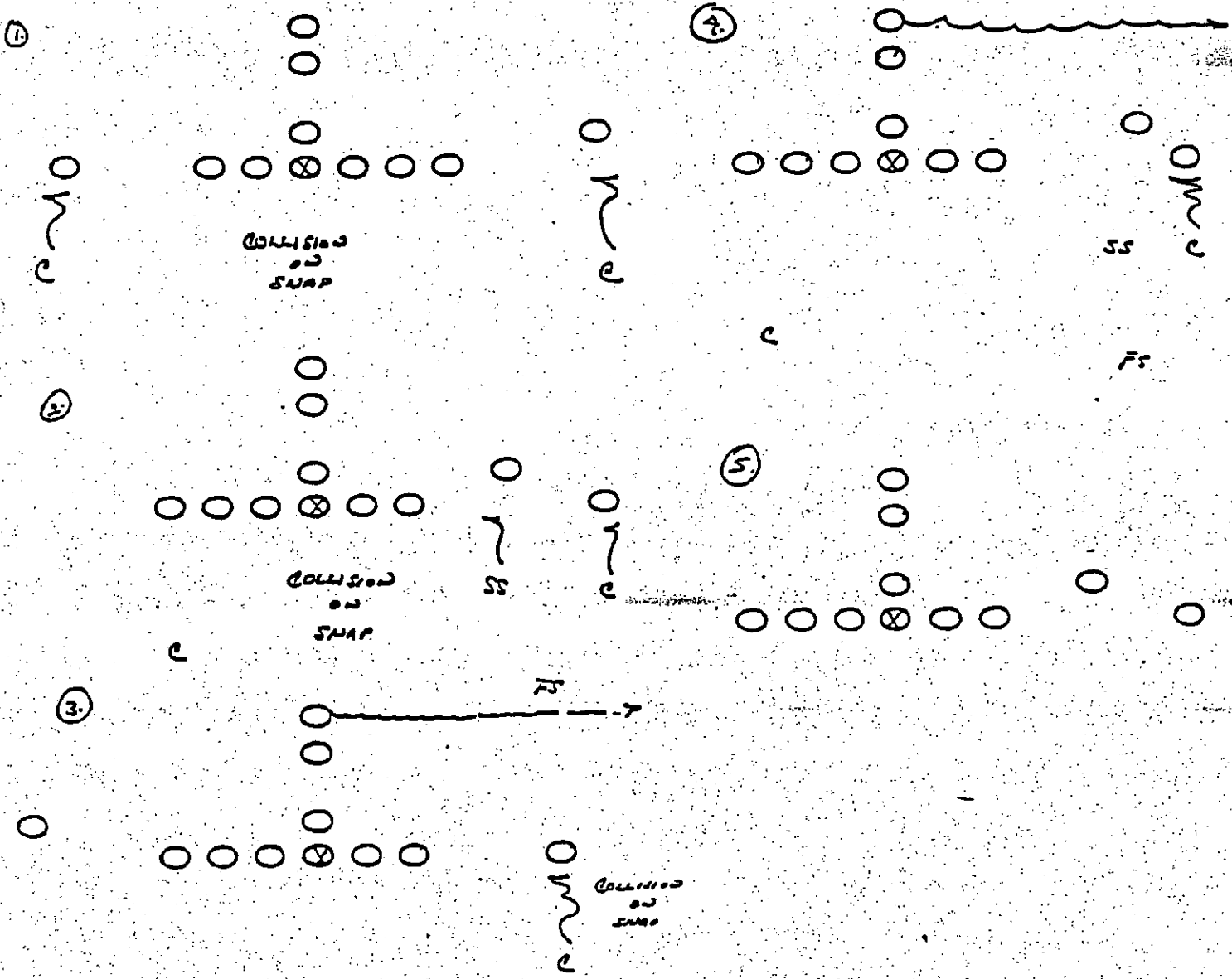
Note: We should be able to read our run keys and react exactly as we do in our base technique. The 2 yards of extra depth will put us slightly at a disadvantage, however.

KICK TECHNIQUE:

This technique involves our corners and also the strong safety. It occurs by call (Huddle) (i.e., 20 Cover 4 or 6 Kick).

We use this technique when we want to align in base alignments but attack the receiver and collision him on the snap of ball.

Also, we execute this technique when we get back motion toward a squat corner, i.e., Doubles and Trips Motion.



MAN-TO-MAN TECHNIQUE

1. Alignment-Inside leverage, 7-9 yards deep. Use the sideline to your advantage when possible. Do not let him run an inside route.
2. Key-Recognize formation and locate your man. May vary vs. certain opponents.
3. Concentrate-Discipline yourself to concentrate on the rec. This is 75% of man-to-man coverage. Your attention should be on his belt buckle until he makes his final move. Peripheral vision on ball.
4. Backpedaling-Keep shoulders parallel to L.O.S. Stay low and keep your weight evenly distributed so you can drive more easily. Use your arms and controlled speed.
5. Position-Keep leverage and a 3 yard cushion. Don't let rec. get head up. Keep position on shoulder of rec.
6. Drive-When rec. has made his final break, push yourself to step quickly with his break, still concentrating on the rec. When you drive on rec. and he changes direction, be in a position so that he has to make contact with you in order to make that change. Drive to interception point. Inside arm goes for ball while outside arm goes behind rec's. head.
7. Instride-Once you have made your drive and are in-stride with the rec. step for step, then look

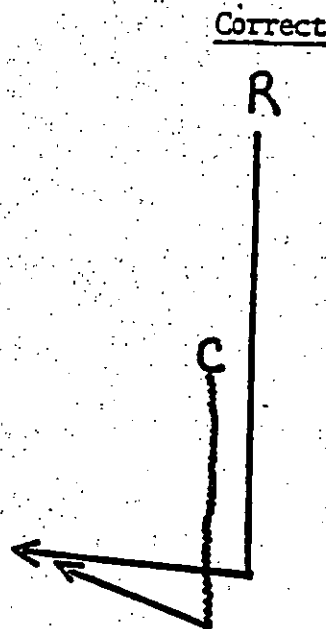
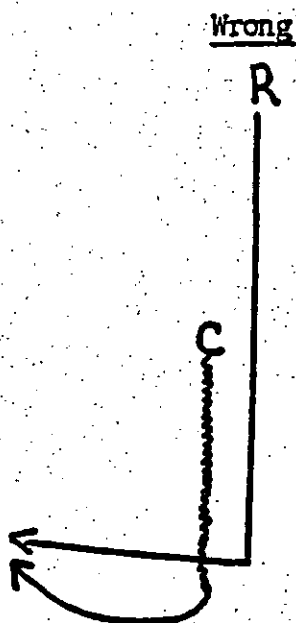
for the ball through the rec. Do not look for ball until you are running side by side with rec.

8. The Ball-When ball is in air always be in a position to explode through rec. or in a position to step in front of rec. to intercept ball at its highest point. Be prepared to strip receiver.

TECHNIQUE FOR COVERING OUT IN MAN-TO-MAN COVER

1. Backpedal using short steps and keeping weight over balls of feet in good balance. Chin over toes.
2. Keep leverage and cushion. Use weave.
3. Stay parallel to L.O.S. as long as possible.
4. When receiver makes break, plant the inside foot and break at the same angle. Make a square cut, don't run a circle. Come back toward L.O.S.
5. Aim for the far shoulder.
6. Focus attention on receiver's head.
7. When receiver looks for ball, you look.
8. If ball is thrown behind receiver, the DB should be in position to intercept.
9. If the DB is in ideal position when playing through the receiver, he'll have a chance to hit the ball with his near hand.

10. The outside arm should go behind the receiver.



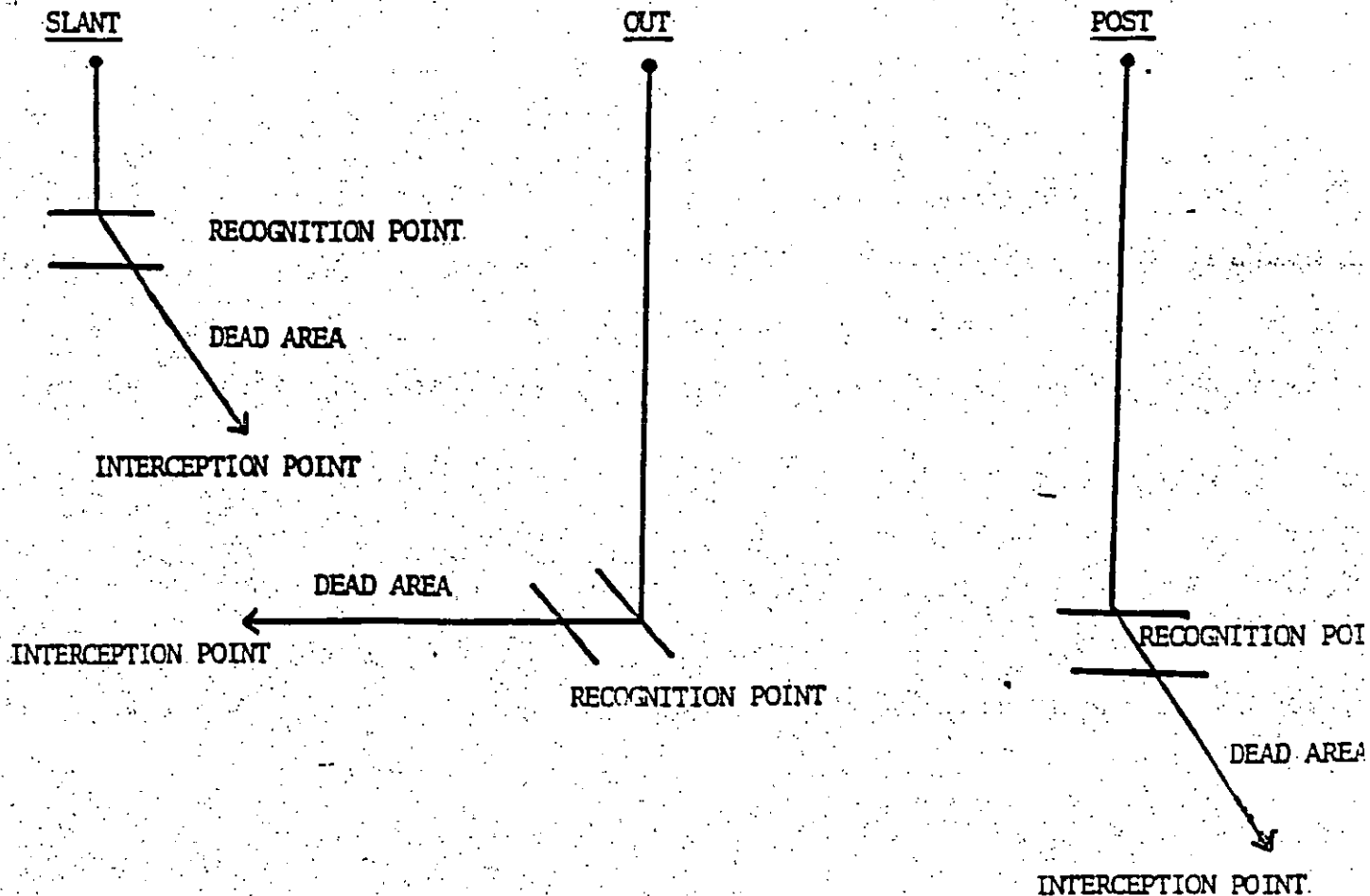
BREAK AND RECOVERY

1. The secret to recovering when receiver makes his final break is to close up the cushion and get to the receiver. Then pick up the flight of the ball.
 - A. To accomplish this, the DB must plant his foot, lower his hips and whip his body, and drive to int. point. This is a hip wheel technique.
 - B. Don't take an extra step before moving to receiver on his final break.
 - C. A lower center of gravity will aid in lateral movement.
 - D. On deep routes, when moving away from ball, don't turn head to locate it. This will slow you down. Instead accelerate whenever you turn head to find ball.

2. Turn and run when receiver gets closer than 3 yards. Run with receiver and don't get beat deep.
3. When you hear "Ball" call, look to intercept. You must develop split-vision to see ball in flight plus keep eye on receiver.
4. You must be able to recognize all primary routes. Upon recognition, sprint to reception point of the route.

INTERCEPTION POINT

After you can recognize each pattern, you must learn where the ball will usually be caught by the receiver. This point is known as the INTERCEPTION POINT. It is usually a point six to eight yards in front of the receiver at the moment you recognize the pattern. Drive to the I.P.



GOAL LINE

I. PHILOSOPHY

A. We must force the offense to:

1. Run outside
2. Throw the ball

Either offensive play gives us a chance to make a Big Play.

A. The Bruin Defensive unit will be an effective goal line unit because each of us will:

1. Give a super extra effort, (must have great emotion)
2. Believe in our ability to stop the offense
3. Want to prevent the score
4. Execute the goal line technique
5. Make the Big Play - Play ~~Recklessly~~

B. Playing as you did in the middle of the field is not good enough for the goal line. We must shut down the offense by assaulting them. This assault plan will be structured in the following manner:

1. Establish a new line of scrimmage by executing an explosive type penetrating charge by the down lineman.
2. Having an attacking linebacker and a fumble linebacker in order to stop the running plays.
3. Perimeter stunts which are necessary to force big plays on the sweeps and options.
4. The ability to play zone and man to man in order to stop the running game and the passing game. This will be predetermined on down and distance.

RECKLESS

GOING FORWARD

C. Someone must come up with a great play:

1. Throw opponent for a loss
2. Get a big hit--cause a fumble
3. Recover a fumble
4. Intercept a pass

D. Lineman

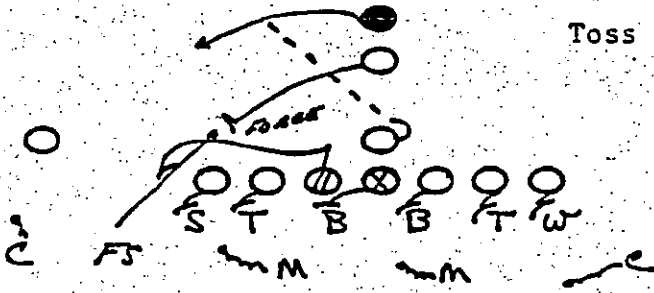
1. Play low, explode and penetrate
2. Establish a new line of scrimmage
3. Don't allow yourself to be moved backward or laterally
4. Do anything it takes to get off the ground, shed the blocker, and get to the ball.

E. Backs and Linebackers

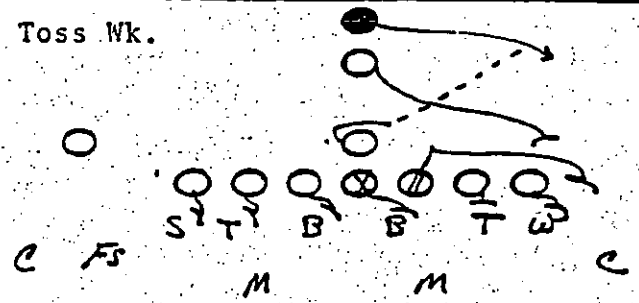
1. Read your key and attack the proper hole on runs
2. As you attack your responsibility, get penetration
3. Jam blocker back into the backfield
4. Must be able to get off the blocker and make plays
5. Knock the ball carrier backwards
6. On pass, cover your area, your man, get between QB and receiver.

GOAL LINE RUNS

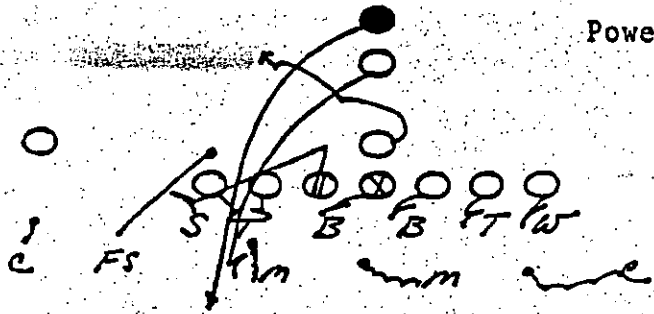
Toss St.



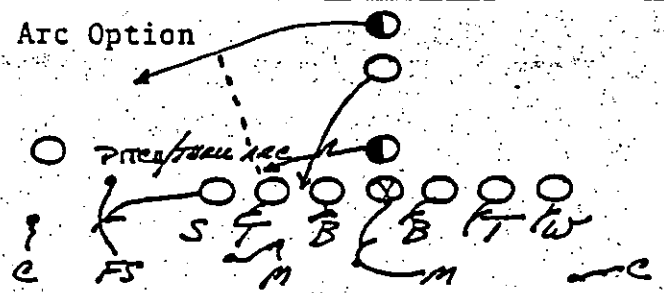
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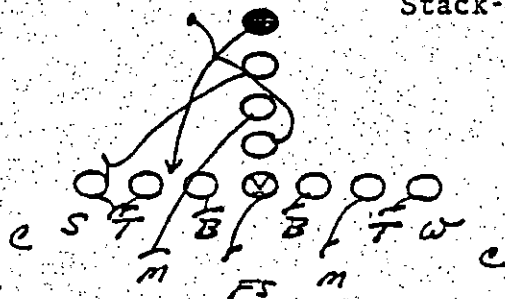
Power



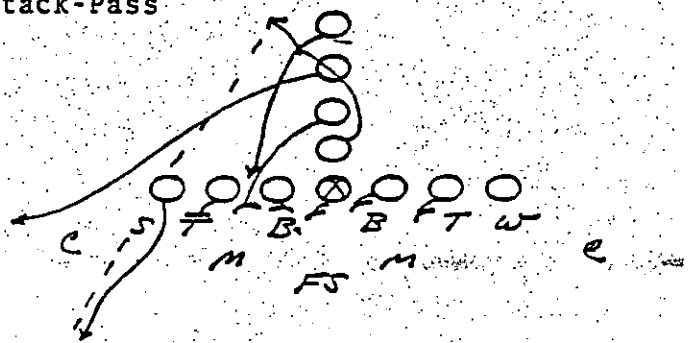
Arc Option



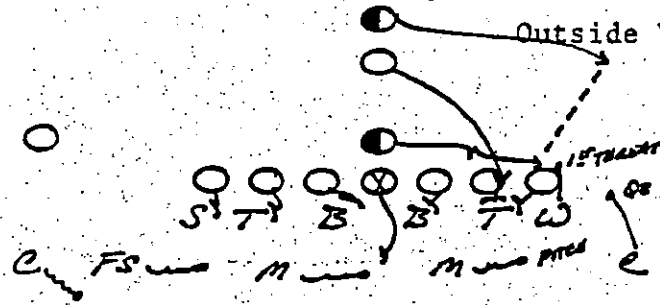
Stack-150



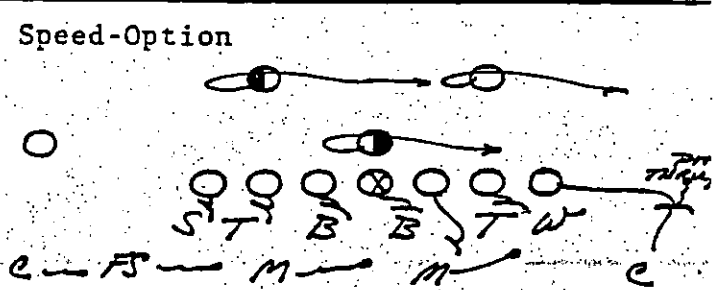
Stack-Pass

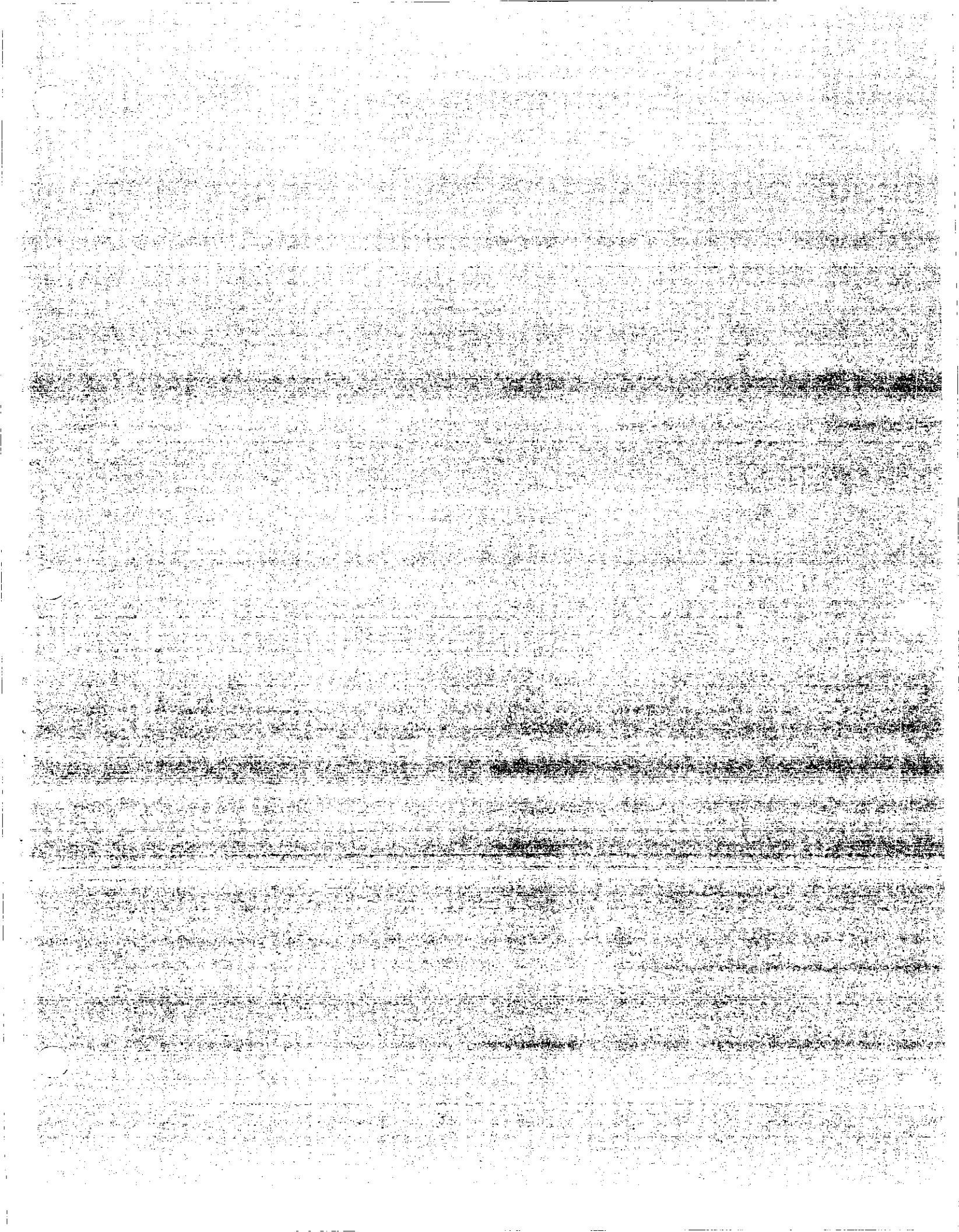


Outside Veer



Speed-Option





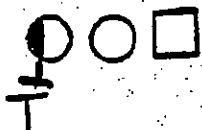
DEFENSIVE TACKLE TECHNIQUES

1. Technique: "5"
- Stance: Three point stance with inside hand down and inside foot back.
- Alignment: Straddle the outside leg of offensive tackle 12 inches off ball.
- Key: Head of offensive tackle
- Responsibility: C gap

Run

A. Base Block

Step with inside foot delivering a blow with inside shoulder getting your pad under offensive man. Stop his charge and release him inside. You have "C" gap responsibility and QB on Option.



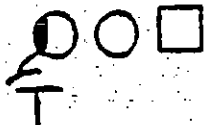
B. Down Block

Step at the same inside angle as the offensive man. Keep your shoulders square to the LOS ready for pulling or trapping guard coming back. Get a shot on the tackle to prevent him from getting up on the LB. Play the dive on the option. You are the chase man on play away.



C. Hook Block

Step at the same angle as the offensive man outside attacking him to gain control of the block. Throw your inside arm and shoulder through trying to work upfield. Don't get knocked off the LOS.



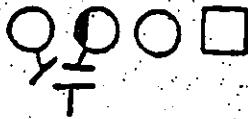
D. Down Trap

Step down with offensive tackle staying square on your side of LOS. Squeeze the trapping guard with your inside shoulder. Don't let him dig you out.



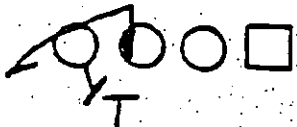
E. Double Team

When you recognize the double team, drop your outside shoulder and drive your legs trying to split it. If they begin to move you sit down and grab grass.



F. TED Scheme

Step out with the tackle keeping your shoulders down ready to strike the TE with your outside shoulder. Drive your feet and run through him.



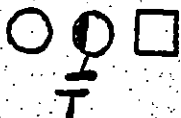
Defensive Tackle Techniques

2. Technique: "3"
Stance: Same as 5 technique
Alignment: Straddle the outside leg of the offensive guard 18 inches off the ball.
Key: Offensive guard
Responsibility: B gap

Run

A. Base Block

Same as "5" except you're aligned on the guard and protecting the "B" gap.



B. Down Block

Same as 5 technique

C. Hook Block

Same as 5 technique

D. Down Trap

Same as 5 technique

E. Step It Block

Same as TED scheme for a 5 technique

F. G Pull (Inside)



Step to the center and strike with your inside shoulder driving your legs through the man.

3. Technique:

Tiger

Stance:

3 point stance with feet balanced up.

Alignment:

Slight inside shade of offensive guard
12 inches off the ball.

Key:

Offensive guard's head

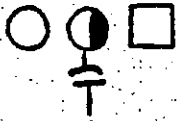
Responsibility:

A gap

Run

A. Base Block

Attack the offensive guard stepping with your outside foot first. Strike him with your outside shoulder controlling the man. You have "A" gap responsibility.



B. Down Block (Cut Off)

Squeeze the guard inside. Be ready for the ball to cutback inside of you. You have "A" gap responsibility.



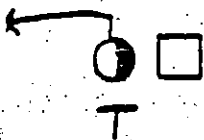
C. Hook Block

Play inside control of the man. You have A gap.



D. G Pull (outside)

Step out with the guard looking back for trap. If ball goes outside, chase. If trapper is coming squeeze it with your inside shoulder.



4. Technique:

4 eye

Stance:

4 or 3 point stance with feet balanced up or outside foot slightly back.

Alignment:

Inside eye of Offensive Tackle 12 inches off the ball.

Key:

Offensive Tackle

Responsibility: B gap

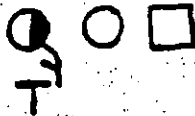
Defensive Tackle Techniques

Base Block



Step with your outside foot and strike with your outside shoulder. After contact use your hands to control tackle. Ball should be coming at you.

Cutoff Block



Step with your inside foot using your shoulder and hands to keep the offensive man from getting into your legs. Drive him down the LOS. Don't get cutoff. Expect the ball to hit inside of you.

G Fold

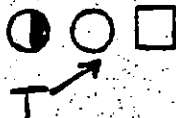


Step with your inside foot with the Offensive Tackle toward the guard. Strike with your inside shoulder and drive your legs through the guard.

5. Technique: Crash
Stance: 3 point stance with feet balanced up.
Alignment: Slightly inside shade of offensive tackle two feet off the ball.
Key: Ball
Responsibility: B gap to A gap.

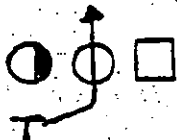
Run

On the snap of the ball you should take an angle step aiming at the helmet of the offensive guard. Throw your outside arm and shoulder through and don't get cut off by the tackle.



Pass

React as quickly as you can getting upfield and taking an inside rush lane.



Defensive Tackle Techniques

6. Technique: 5 Rock
Stance: Same as 5 technique
Alignment: Outside shade of O.T. 18 inches off ball.
Key: Ball
Responsibility: B gap

Run

On the snap of the ball step laterally with your inside foot. Keep your shoulders square to the LOS reading the action you get. If you feel pressure from the offensive tackle fight it to the ball. If ball goes away collapse inside.

7. Technique: 3 Rock
Stance: Same as 3 technique
Alignment: Same as 3 technique
Key: Ball
Responsibility: B gap

Run

Same technique as a 5 rock except on the O.G.

8. Technique: 3 Loop
Stance: Same as 3 technique
Alignment: Same as 3 technique
Key: Ball
Responsibility: B gap

Run

On the snap step laterally with your outside foot. Keep your shoulders square to the LOS reading the action you get. If the O.T. blocks down cross his face and play outside.

9. Technique: 4 Loop
Stance: Same as Crash
Alignment: Same as Crash
Key: Ball
Responsibility: C gap

Run

On snap step laterally with your outside foot. Keep your shoulders square to the LOS reading the action you get. If the offensive tackle fires out at you work hard into his outside shoulder.

Defensive Tackle Techniques

10. Technique: 5 Reckless
Stance: 3 point sprinter stance with off hand cocked.
Alignment: Widen to 3 feet outside the offensive tackle cocked inside as tight to the ball as possible.

Key: Ball

Responsibility:



Run

You run responsibility is secondary. React to the tackle's block just as you would in a 5 technique. Be aware of Draw Blocks.

Pass

You have contain rush. Get off the ball as quickly as possible closing the distance between you and the offensive tackle.

11. Technique: 3 Reckless
Stance: 3 point sprinter stance with off hand cocked.
Alignment: Head up on O.G.
Key: Ball
Responsibility:

Run

Your run responsibility is secondary. React to the guard's block as you would in a 3 technique. Be aware of Draw Blocks.

Pass

You will have A gap or B gap rush lane depending on situation. Close the distance between you and the offensive guard as quickly as possible.

NOSEGUARD TECHNIQUES

1. Technique: Shade
Stance: 3 point stance with feet parallel.
Alignment: Straddle the leg of center as tight to the ball as possible.
Key: The center.
Responsibility: A gap

Run

A. Base Block

Step with your inside foot delivering a blow with your inside shoulder stopping the center's charge. Once you control the blocker shed him quickly inside.



B. Down Block

Step with your inside foot at the same angle of the center jamming him and not letting him up on the LB's. Work to keep your shoulders square.



C. Hook Block

Step with your outside foot at the same angle as the center. Stay low and square stopping his charge and then release him inside and go to the ball. Don't get cut off.



Noseguard Techniques

Run

On the snap of the ball take a 45 degree step with your outside foot attacking through the "A" gap. You cannot be cut off by the center and will react to the scheme on the move.



3. Technique: 2
- Stance: 3 point stance with feet parallel.
- Alignment: Slightly inside shade of offensive guard 12 inches off the ball.
- Key: Offensive guard
- Responsibility: A gap

A. Base Block

Step with your outside foot delivering a blow with your outside shoulder. Control the blocker and then shed him outside quickly.



B. Cut Off Block

Step inside with the guard and squeeze him flat down the line. Don't get cut off and expect the ball to hit inside of you.



C. Center - fold

Step with your inside foot toward the center. Strike him with your inside shoulder driving your legs through the man. Cross his face or slip him depending on t. pressure.



D. Double Team

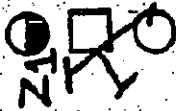
Step into the center and when you feel pressure from the guard drop your outside shoulder and spin into him. Pull the center with you. Don't get knocked back. Tie up 2 defenders.



2. Technique: Gap
- Stance: Same as Shade
- Alignment: Slightly wider than shade alignment as tight to the ball as possible.
- Key: Ball
- Responsibility: A gap

D. G Pull (outside)

Step out with the guard looking back for trap.
If the ball goes outside chase it. If a trapper
is coming squeeze it with your inside shoulder.

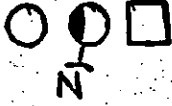


4. Technique: "3"
- Stance: 3 point stance with inside-foot back
- Alignment: 1 Straddle the outside leg of offensive guard as tight to the ball as possible.
- Key: Head Offensive guard.
- Responsibility: B gap

Run

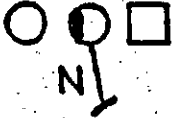
A. Base Block

Step with your inside foot delivering a blow with inside shoulder getting your pad under offensive man's pads. Stop his charge and release him inside. You have the B gap.



B. Down Block

Step at the same angle as the offensive man. Keep your shoulder square to the LOS ready for pulling or trapping guard coming back. Get a shot on the man preventing him from going straight up on the LB.



C. Hook Block

Step at the same angle as the offensive man outside attacking him to gain control of the block. Throw your inside arm and should through trying to work upfield. Don't get knocked off the LOS.



- 5. Technique: Base
- Stance: 4 point stance with feet parallel.
- Alignment: Head up on center as tight to the ball as possible.
- Key: Ball
- Responsibility: Backside A

Run
On the snap take a short jab step with either foot and strike with your hands at the same time. Flatten him down the LOS. Don't let him knock you off the ball or get up on the linebacker.

On a double team drop your shoulder to the side of the guard and drive your legs. Try to split it.

6. Technique: Gap Rock
Stance: Same as gap technique
Alignment: Same as gap but slightly off the ball
Key: Ball
Responsibility: A gap to Offside A gap

Run

On the snap take a lateral step with your inside foot. Keep your shoulders square and react to the blocking scheme. If the center is scooping up on the LB squeeze him down the line looking for the cutback.

7. Technique: 2 Reckless
Stance: 3 point sprinter stance with off hand cocked.
Alignment: Head up on offensive guard as tight to the ball as possible.
Key: Ball
Responsibility: A or B gap on Pass

Run

Playing the run is secondary. React to its schemes just like 40 defense.

Pass

Get off the ball now. You must defeat the guard -- usually you will have a one on one situation.

Noseguard Techniques

8. **Technique:** Gap Reckless
- Stance:** 3 point sprinter stance with off hand cocked.
- Alignment:** In the "A" gap as tight to the ball as possible.
- Key:** The Ball
- Responsibility:** "A" gap

Run

Your run responsibility is secondary. React to the run as you would in 20.

Pass

Get off quickly trying to penetrate the gap before the center gets set.

Pass Rush

1. Pre Snap

- A. Check offensive lineman's stance and alignment.
- B. Have pass rush technique in mind.
- C. See the ball.
- D. Know how they will block you on pass and each offensive lineman's techniques.
- E. Know your rush lane.
- F. If reckless adjust your stance.

2. Snap

- A. Get off on the slightest movement.
- B. Come off at proper angle: 20% 80% forward.
- C. See the passer through the blocker.
- D. Determine and react now to draw schemes.

3. The Blocker

- A. Always choose a side.
- B. Make sure your feet are moving toward the QB.
- C. Never stop your feet.
- D. Use of your hands is critical.
- E. Recognize the pass set.

4. Approach - QB

- A. You must have great body control when approaching the passer.
- B. If you are a contain rusher always aim for the upfield shoulder of passer.
- C. If passer is facing you and starts to throw drive your arms up with thumbs locked. Never leave your feet.

If passer is looking away drive hard for the middle of his back.

5. After the Pass

- A. Plant, turn and pursue the ball on every pass play.
- B. Make the backside hit. This is where fumbles commonly occur.
- C. On interception turn and block first opposite color. Don't clip.

*
ucla

LB

LINEBACKERS

GENERAL

As inside LBers, we accept the responsibility of coordinating the front. It is our responsibility to call the defense, locate the tight end, and make any necessary calls at the LOS.

This season we will be much improved in our understanding of each opponent. Each of us will clearly comprehend what our opposition must accomplish in order to maintain possession of the football.

The following list will give us an idea of what we must learn and the situations we must be aware of:

Prior to the Game:

1. Know and recognize alignment sets
2. Know individual and team strengths
3. Know opponent tendencies
4. Know our adjustments-game situations

What We Must Be Aware of During the Game:

1. Know situation and time (down, distance and field position)
2. During timeouts and on the side line, find out where and how they are attacking.
3. Remember to loosen your depth in long passing downs.
4. Remind team of opposing tactics:
 - a. Draws
 - b. Screens
 - c. Bootleg
 - d. Delays
 - e. Reverses
5. Be a leader.

M A I N T A I N Y O U R P R I D E A N D P O I S E

R E M E M B E R W E A R E U C L A

I. Linebacker Progression

In order to maximize our success as linebackers, it becomes necessary to follow a series of progressions. The following is the progression for running plays:

- READ - Recognition of the key and reaction to it.
- MOVEMENT - Proper footwork needed to take on a blocker.
- STRIKE - Utilization of the upper body and lower body to defeat a blocker.
- HOLD - Staying with a blocker until ball has declared.
- SHED - The quick acceleration off the blocker to the ball carrier. The utilization of hands is critical.
- PURSUE - Relentless desire to get to the ball.
- TACKLE - A collision between the linebacker and the ball carrier.

II. Linebacker Stance and Alignment

- A. Line up with feet parallel, shoulder's width apart, weight on balls of feet.
- B. Base LB aligns with his inside foot on the outside foot of the guard. Aligns with his inside eye on the guard's outside eye in Jam and
- C. Ace LB aligns with his outside foot in the crotch of the guard. Aligns with his inside eye on the outside eye of the guard in Jam and
- D. Depth is 4 yards.

IV. Linebacker Skills - Running Game

- A. Quickness: The most important skill necessary to play defense. It is the ability to get to the ball.
- B. Shuffle: Lateral type steps used to move sideways without crossing the feet.
- C. Striking a Blow: Coordinated explosion of the legs, hip, back, shoulders, and arm used when you are being blocked 1-1 at the POA. It is essential in striking a blow to:
1. Maintain a good base
 2. Keep the shoulders square
 3. Head should be up
 4. Pad under pad
 5. Nosed up position with the outside arm free
 6. Unload - Do Not Catch
- D. Scrape: An arc type movement whereby your shoulders and feet are kept square, by shuffling into your area of responsibility
- E. Cut Blocks: You must prevent the guard's body from getting to your legs. This is accomplished by reading the height of the guard's head gear. As the blocker's helmet goes down get your hands and arms locked out at the elbow joints and kick the legs back.
- F. Double Hand Shiver: Used either for a cut block or when you have shifted from the shuffle to the pursuit course and have begun to run. Your thumbs and elbows should come together as they lock out. In addition, as contact is made, you should kick your feet back. This will prevent you from getting tangled up on the blocker.
- G. Tackling: A correct tackle results when the defensive man has collisioned the ball carrier whereby the ball carrier is put on his back. In tackling it is important to hit on the rise--by ripping the arms and shooting the hips through the ball carrier. Always:
1. Keep your head up and your eyes on the target
 2. Rip your arms in an upward motion
 3. Shoot the hips
 4. Drive the legs
 5. Don't cross over
 6. Don't stop until the whistle has blown
- H. Fumble Recovery: When the ball is on the ground, we must dive after it by extending our arms, pulling the ball into our body, and lying on our side in a cradle position.