

Multiple

34

Defense

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Keys to a winning Defense

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Goal

Plan of Action

1. Be Great Tacklers

2. Force Turnovers

3. Win on 1st downs- force offense off of schedule and force 2nd long and 3rd long situations.

4. Win on 3rd and 4th down

5. Eliminate Big plays – no run plays + 10 yards no pass plays +20 yards

6. Stop the Run!!!!

7. Create Maximum Pressure on the QB- disrupt rhythm

8. Win Sudden Change situations

9. Force negative yardage plays

1. No missed tackles, gang tackle

2. Take the ball away + 3 times per game

3. Hold opponents to an average of less than 3 yards on 1st down per average.

4. Hold opponent to a less then 30% average on 3rd and 4th downs.

5. Allow no big plays

6. No 100 yard rushers- less than 3.5 yards per carry average

7. Sack 1 out of 6 attempts, no more than 3 seconds per pass play

8. 80% - 3 and out after sudden change No touchdowns!!!!

9. At least 8 negative yard plays per game

1. Tackling drills all year and all season- everyday

2. Teach technique drill elbow reading and manipulation, strip during team, coach-pursuit

3. Gap sound defense with levels and overhang players. Practice what they do on 1st down

4. Know what they do and stop it. Always be in position. Winning on 3rd down starts with winning on 1st and 2nd.

5. Whether it is a designed pursuit drill or team, we are always getting to the ball in practice by taking proper angles.

6. Play assignment ball/gap control, force, cutback- BE THERE and make the play

7. Relentless execution of scheme, burst to QB, hands up when long arm comes off- get off

8. Scouting – what do they do- Never Flinch

9. Practice ball get off, eyes, reaction

Becoming #1

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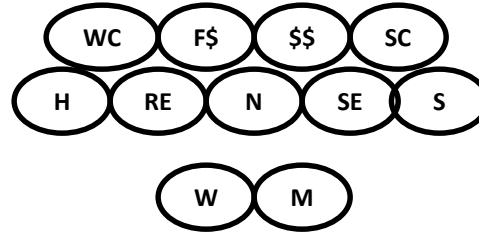
Characteristics of a Winning Defense

1. **Trust**- you need to trust that your teammates will do their jobs, so that you can focus on yours.
2. **Aggressiveness**- you need to swarm to the ball as a defense.
3. **Leverage**- Each member of the defense must be aggressive – while keeping proper leverage to the ball- the goal here is to “Trap” the ball.
4. **Communication**- great defenses talk to each other
5. **Tackling**- We must be excellent tacklers as individuals and a great gang tackling defense
6. **Effort**- total effort, every time, absolutely zero exceptions or excuses
7. **Confidence**- We will be the best defense in the district- start knowing it and playing like it- TODAY

Front (if needed) Blitz/stunt + Tag + Coverage

Huddle

Call: front



Note: we can go no huddle- wristband calls

Will Linebacker- calls down and distance

Mike- gets the signal and relays the call

After huddle breaks Mike calls the strength Sam echoes strength

LB's- call out # of backs, DB

F\$- call out # of Receivers to each side

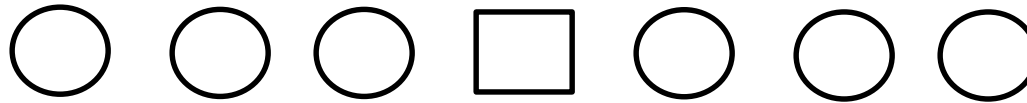
Corners and OLB's call out exotic formations- Bunch, unbal. Etc.

Strength call- give a "Rip" call strong Right or a "Liz" call strong left

1. Single TE- Strength is to the TE- if he trades- strength call changes- we will not follow- S/H are the same position and OLB need to know both responsibilities. M/W can switch. Note: We can trade the S/H- but this will be game plan specific
2. 2 TE sets- Strength is determined one of two ways:
 - A. Vs a balanced set- Strength is to the Field or to our left
 - B. Vs. Multiple Rec. sets- we go to the rec. strength
3. 0 TE sets- Strength is determined one of two ways:
 - A. Vs a balanced set- Strength is to the Field or to our left
 - B. Vs. Multiple Rec. sets- we go to the rec. strength

Note: Only a TE trade will switch a strength call- motion DOES NOT change the strength

Defensive Gaps and Alignments



Alley Contain

D

C

B

A

A

B

C

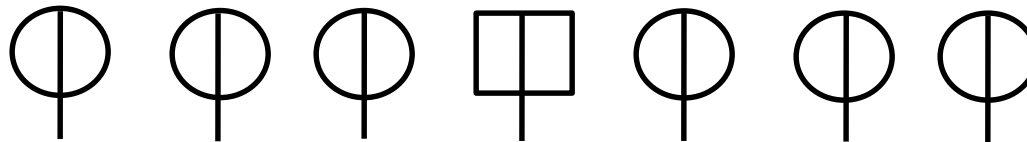
D

Contain

Alley

2nd Contain

2nd Contain



9 6 7 5 4 4i 3 2 2i 1 0 1 2i 2 3 4i 4 5 7 6 9

Linebacker alignments will correspond to the front alignments, but add a "0" to the number, Example: 30 is the outside eye of the Guard.

Foot- Your inside foot on the outside foot of the TE off the heels of the DE

Ghost- Alignment taken off of the imaginary TE

Off- A 3 x 3 position taken from the TE or Ghost TE

Walk- An alignment taken by splitting the difference between the #2 WR and the Offensive Tackle. In 44 outside foot on inside foot of number 2.

Tight 1 x 1 off of TE

Defensive Line Techniques

The Main objective of the defensive line is to destroy the opponents' offensive blocking schemes. This can be accomplished by executing perfect technique at full speed to a depth of 1 yard into the offensive backfield. Consider yourself a missile being launched into the offense, destroying everything in your path.

Attack (tip of the football)

Key the offensive lineman's movement. Drive shoulder and forearm under the chin of the offensive lineman, driving him 1 yard into the backfield then separate with hands, keeping the outside arm free.

Angle (1 foot from the ball)

Key the movement of the ball, 45 degree step to the heel of next offensive lineman, second step is directly up field. Penetrate with shoulders square to the LOS. Rip inside forearm under the blocker and penetrate to 1 yard depth. Maintain your gap control by fighting pressure.

Slant (1 foot from the ball)

Key the movement of the ball, drive block the next blocker play side through the "V" of his neck. Destroy the blocking scheme!

Man Over (1 foot from the ball)

Key the movement of the ball, take a lateral step play side parallel to the LOS. Then square up on the next lineman and attack.

Gap (tip of the football)

Line up in the gap and go on the movement of the ball. Rip both forearms under the offensive lineman's pads and penetrate 1 yard deep into the backfield and then fight pressure.

Pinch (tip of the ball)

On movement of the ball, sprint and drive your body directly toward the heels of the QB. Continue on this course destroying everything in your path. This is the only technique where your shoulders will not be square to the LOS.

Pass Rush or GO (tip of the football)

On movement of the ball, execute a pass rush move (bull-rush, swim, rip, push-pull, speed rip). Use an appropriate set up move for your style of pass rush and keep your feet moving towards the QB. Take and up field penetrating charge. Sprinters stance

Defensive Line Techniques (Cont.).

Read (1 foot from football)

Key the Movement of the ball. Align head up and take a six inch power step with your near foot aiming for the next offensive lineman's far hip. Deliver a blow and get separation.

- a. Down or Reach Away block- take the first near gap that shows. Usually directly off the OL's butt.
- b. On or Turn out block- fight across and play inside gap
- c. Reach to block- fight across and play inside gap

Cross (1 foot from football) (Going from a 3 tech. to a 1 tech.)

Key the movement of the ball. Align in a Shade technique, then take a six inch power step with your inside foot to the offensive lineman's inside foot, while ripping your outside arm and delivering a blow to the offensive lineman's inside breast plate. Get separation and extension, control the gap.

Tilt- Normally the nose tackle but can apply to any DT- Align in a shaded position and tilt toward the ball. This is meant to force Double teams and to develop a quick first step. This technique will be communicated as a tag after the call.

Bopper – In a 50 puts backside End/Tackle- in the B gap- Angle away for bopper- attack, angle to bopper slant through v of neck of tackle. (good vs wing T) trap killer

Bopper Snake- In 50 puts backside End/Tackle – the b gap- angle away- from bopper- slant through v of neck of guard to the center, angle to bopper– slant through v of neck of Tackle (good vs wing T)

Contain Technique:

Stance: 2 point with your inside foot up and shoulders square

Key: Movement – outside shoulder of TE.

Foot vs. a TE- inside foot on the outside shoulder/foot of the end to 2 feet outside the end.
Do not get hooked... no one gets outside you. Use your hands to keep people off you.

TE/Wing- outside shoulder of Wing up to 5 yards than. Wing or slot wider than 5 yards- PSU tech. Or contain PR.
Key movement of Wing.

Reactions to situations:

QB Sprint- penetrate to the QB and contain him. Attack through the outside shoulder of blocker (contain pass rush). Keep your shoulders parallel to the LOS.

Outside play- limit and contain the play. Let no blocker or ball carrier get outside of you; give ground grudgingly using your hands; don't penetrate more that 1 yard unless the ball carrier gets in a vertical line with you, then go get him.

Off Tackle- if the TE gap blocks, key the near back and guard. If you recognize a kick out block, squeeze and attack the block with inside shoulder forearm (meet power with power) while keeping contain.

Drop Back- contain rush through the outside shoulder of the blocker (keep the QB inside). You must spin back inside when you move to a point 1 yard deeper than the QB. **Note**: OLB may have coverage responsibility

Play Away From You- pause and read, check for counter or reverse then move with an angle of pursuit to make game saving tackle.

Option- hard or soft technique

Hard Technique- attack pitch man now

Soft technique- cat and mouse down LOS on inside shoulder of pitchman, keep that relationship down the field

****ALERT**** Calls by ends to each other, 2 = pitchman, 1 = QB

Waggle Read- key near back. If near back goes away- backside pursuit behind LOS, no deeper than deepest back. Vs waggle to-stinger, vs inside trey buck- react. Near to- contain technique.

Wing- line up on the wing's outside shoulder up to 5 yards. Have your inside foot up and key him for movement. Don't penetrate more than 1 yard before reading and reacting as with the TE.

Flanker- A wing that moves out over 5 yards or more is considered a flanker. In this situation you will use a contain fire technique. If the flanker is a threat to crack, you can use a Penn State technique.

Slot- contain fire between the tackle and slot (or Penn State). If you can't do either, move out on the slot and play him like a wing.
Split End- Stay head up with end up to 5 yards out and attack him like a wing. If he moves out past 5 yards then move in and contain fire or Penn State technique (1 yard outside tackle).

Inside Technique (end without contain responsibility)

Stance: Chimp or 3/4 point

Key: Movement of TE if 3/4 point stance; movement of TE or OT if chimp

TE- align in a 7 technique. On TE movement, bubble the TE by drive blocking him to 1 yard deep through the "V" of the neck and separate. Your primary responsibility is C-gap, but you must support outside. Fight pressure, but do not spin out until ball has passed you to the outside. If TE arc releases outside whip your head inside and key the near back to the guard. Maintain your area where you lined up originally, when you read power sweep, sprint out or drop back, go with reckless abandon! If the play goes away from you take a shallow angle of pursuit for the cutback. Keep the TE off our LB's.

Spilt End- play on his inside eye up to 5 yards then move to 5 technique and hammer to the hand of F.

Slot- play on the inside eye of the slot back up to 5 yards, then play the same as a split end.

Wing or Flanker- play inside technique on the TE

Stunt Techniques

Stance: 2 or 3 Point

Key: Ball Movement

Crash- (Only on inside technique) Align in a 7 technique. On ball movement, sprint to the **heels of the QB** in his stance. Do not look for the ball, but “sell out” to the point blowing up anything in your path.

Hammer- If in contain, align 1 foot outside TE/Wing. If inside technique, align in a 7 technique. On the movement of the ball sprint full speed with pads low to the **hand of the FB** blowing up anything in your path.

Stinger- If in contain align 1 foot outside TE/Wing. On the movement of the ball, sprint to a point 3 yards deep (straight up field).

Face- If in contain, align 1 foot outside TE/Wing or head up, depending on the stunt. On movement of the ball, DO NOT move from original position. Key backfield action and cover the 1st back out. In passing situations be alert for the draw. If the QB passes the RB, and no RB release to your side, get into the pass rush. If C gap responsibility 6 technique vs TE.

Dagger- If in contain, align 1 foot outside TE/Wing. If inside technique, align in a 7 technique. On the movement of the ball sprint full speed with pads low to the **heels of the FB** blowing up anything in your path

Edit- align with your inside foot back and in a three point stance. On snap- fire up field for two steps. On second step plant (break the glass) with your outside foot and rip under lineman.

Crazy- Ends widen, they have no contain or gap responsibility – their job is to sack the QB- **2 way go**

FSU- - ends widen to a wide 5 or a wide 9- 3 point sprinter stance- contain PR

Contain Fire and Penn State Technique

Stance: 2 Point

Key: Ball Movement

When you line up according to your rules feel that there is still a crack threat, you may use a Penn State technique or contain fire.

Penn State- turn your back to the crack threat and key the ball. Cross the LOS to 1 yard deep while keeping your back to the crack threat. Then square up and play contain.

Contain Fire- fire through the outside shoulder of the blocker, keeping the outside arm free to the depth of the QB . This technique can be used when you feel that you can beat the crack threat and execute your responsibility.

Option Responsibilities for the Defensive Ends

For Contain End with Pitch-man responsibility

Hard Technique- as soon as you read option get to the pitch man or his lead blocker; if he comes to your side knock him down. If the option doesn't develop then you have normal contain responsibilities.

Soft technique- as soon as you read option, flatten out along the L.O.S. and stay on the inside shoulder of the pitch man or his lead blocker. Keep this relationship down the field.

For Defensive End with QB Responsibility

Hard Technique- when you read option, get to the QB as soon as you can, tackle him high in such a way that he cannot pitch the ball.

Soft technique- when you read option, flatten out along the L.O.S. with your shoulders square mirroring the QB

Outside Linebacker Alignments

3 deep Coverage on the Perimeter

0 position

vs. TE or TE wing with zero receivers outside- Cock in to Ball get a tackle read, 4.5 yards from LOS and 1 to 3 yards wide depending on field position, down and distance, and game plan.

1 position

Vs. 1 receiver flanked out (i.e. Pro or Flank)- inside foot up, shoulders parallel to the LOS, 4.5 yards from LOS, split the difference between #1 and tackle, rule of thumb- tight enough to help with run, wide enough to get in skinny post window.

2 position

Vs. 2 receivers (i.e. slot) – inside foot up, shoulders parallel to LOS, 4.5 yards from LOS, gap foot the inside foot of the #2.

Outside Linebacker Alignments

Other Alignment terms

Foot- Your inside foot on the outside foot of the TE off the heels of the DE

Ghost- Alignment taken off of the imaginary TE

Off- A 3 x 3 position taken from the TE or Ghost TE

Walk- An alignment taken by splitting the difference between the #2 WR and the Offensive Tackle. Gap foot the #2 in any 3 deep coverage.

Alignment in 2 deep defenses

Vs. a removed #2

Split the difference between the # 2 and the Tackle.

When playing Invert in a 43, 53, or 33

Gap foot the TE or Ghost TE

Blitzing Techniques:

1. Balanced Stance with a slight stagger: Pressure Foot- Floater Foot meaning put pressure on the foot opposite of the direction that you are going. Avoid false steps and under stepping.
2. Great ball get-off: Anticipate snap count- key ball- go on ball movement (**spot, snap, speed**)
3. Blitz Where your gap is- not where it was.
4. Out Athlete lineman- out physical backs
5. Low man wins- Low, Quick, hard- “grabbing grass”
6. **Anticipate the ball being in your gap**- don’t be surprised! **Ball away**- take a great pursuit angle down the line

Vs Run- always know your game responsibility and keep proper leverage

1. Know your gap responsibility- Ball to and ball away- know your blocking threats. **Runs to= free/firm** principles, - same shoulder-same foot- gap hand free
2. Vs lineman- hit and shed with hands- vs backs ISO- chest to chest/shoulder to shoulder- fill behind the line- don’t catch, same foot/same shoulder
3. Vs pulls away- call out pull
4. Vs run away and outside runs- **keep proper leverage**- if cut back or inside-out player- expect cutback- fill the green You should be thinking, “Please cutback, Please cutback”- Think Cloudy/clear- if the game is clear- if you can make it- take it, if it is closed or cloudy- tightly press over the top to the next clear gap.

Vs. Pass- see coverage section

Ram Series

34 Rush side (offensive Weak side) Pressure

Coverage:

Silver (cover 4)

Red (3 weak)

Cloud (cover 2)

3 strong

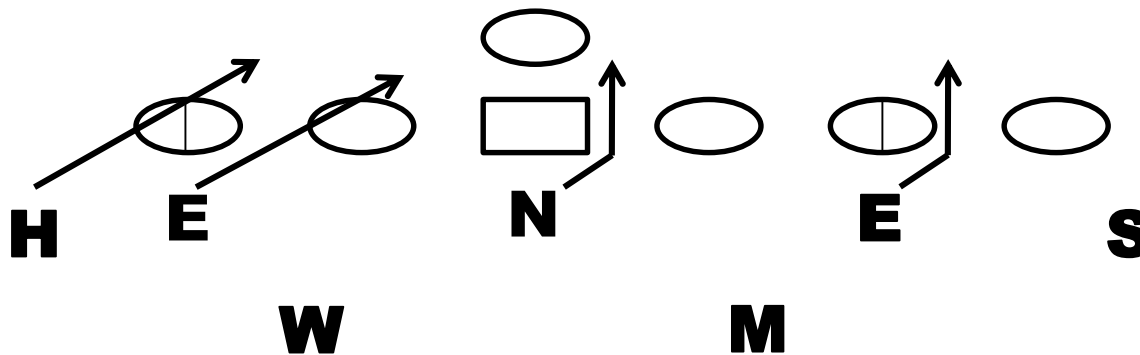
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Green

Option Responsibility- Contain (DE) = QB, M/W- dive to QB, S/H- pitchman

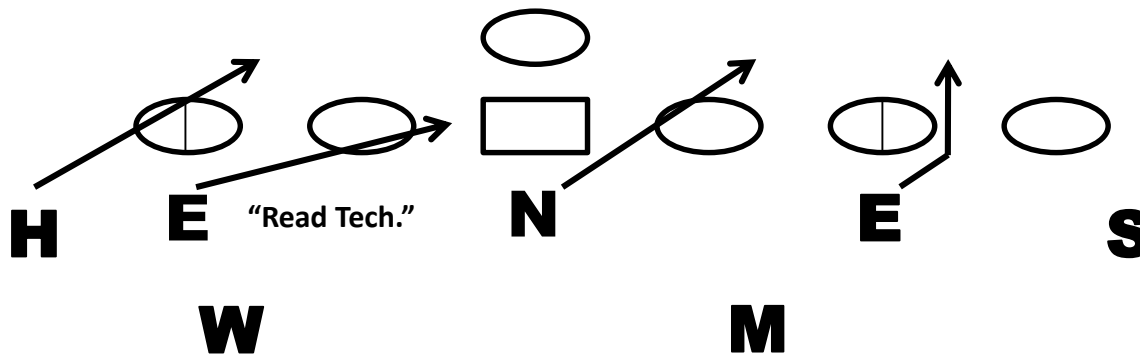
Note: stunts, blitzes, and game plan can change responsibility

Coverage:
 Silver (cover 4)
 3 weak
 Blue (cover 2)
 3 strong
 Black



POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	Foot	TE/ triangle	D gap	Stay – silver Cutbck- 3 deep	Coverage	Foot	Walk
E	4 tech., Angle	OT or ball	C gap	Trail	Contain	4 tech.	4 tech.
M	30	OG/ Triangle	B gap	Leverage	Coverage	30	00 tech. 2 gap
N	0 tech., Angle	C/Ball	A gap strong	A gap, re- direct	Pass Rush	0 tech.	0 tech.
W	30 tech.	OG/ Triangle	A gap	Leverage	Coverage	30	Walk
E	4 tech., slant	OT/Ball	B gap	B gap, - cross face	Pass Rush	4 tech.	4 tech.
H	Ghost, Slant	OT/Ball	C gap	Trail, alert boot	Pass Rush	Foot	Walk

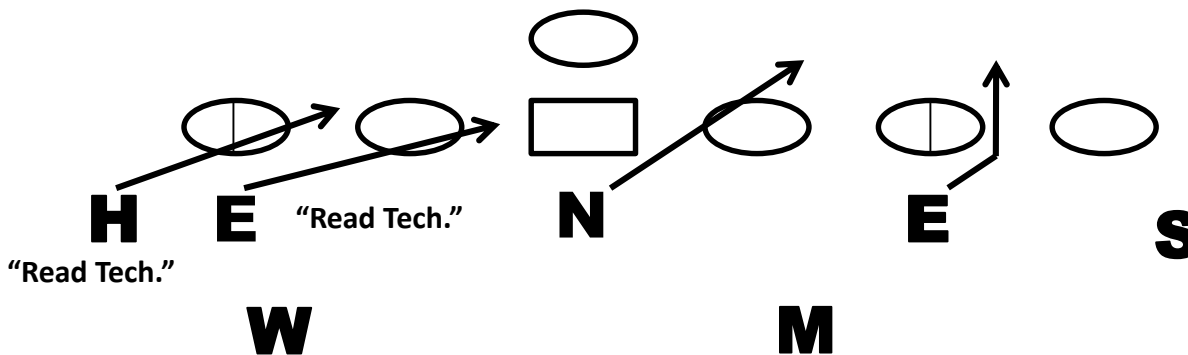
Coverage:
Silver (cover 4)
3 weak, Blue (2)



H- Vs Te and 2 backs
aiming point- OT
shoulder, vs. 1 back TE

POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	Foot	TE/ triangle	D gap	Stay – silver Cutbck- 3 deep	Coverage	Foot	Walk
E	4 tech., Angle	OT or ball	C gap	Trail	Contain	4 tech.	4 tech.
M	30	OG/ Triangle	B gap	Leverage	Coverage	30	00 tech. 2 gap
N	0 tech., Slant	C/Ball	A gap strong	A gap, re- direct	Pass Rush	0 tech.	0 tech.
W	Loose 30 tech.	OG/ Triangle	A to B	Slow read	Coverage	Loose 30	Walk
E	4 tech., read tech	OT/Ball	B to A	Run down	Pass Rush	4 tech.	4 tech.
H	Ghost, Slant	OT/Ball	C gap	Trail, alert boot	Pass Rush	Foot	Walk

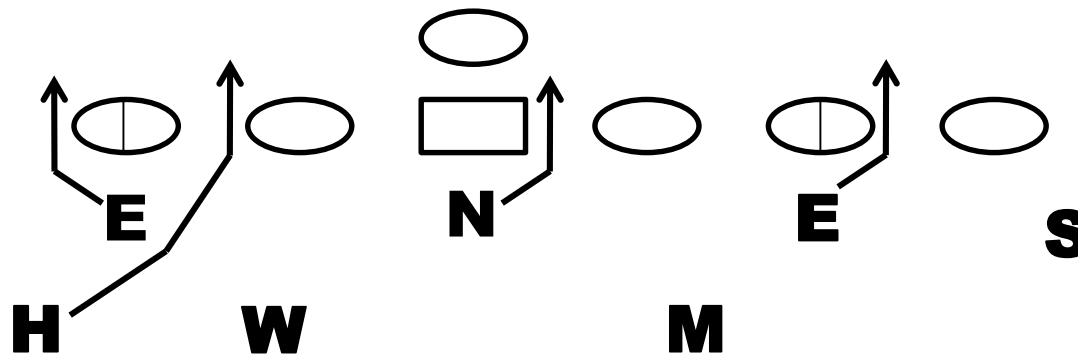
Coverage:
Silver (cover 4)
3 weak
Blue (cover 2)



POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	Foot	TE/ triangle	D gap	Stay – silver Cutbck- 3 deep	Coverage	Foot	Walk
E	4 tech., Angle	OT or ball	C gap	Trail	Contain	4 tech.	4 tech.
M	30	OG/ Triangle	B gap	Leverage	Coverage	30	00 tech. 2 gap
N	0 tech., Slant	Ball	A gap strong	A gap, re- direct	Pass Rush	0 tech.	0 tech.
W	Loose 30 tech.	OG/ Triangle	A to C	Slow read	Coverage	Loose 30	Walk
E	4 tech., read tech	OT/Ball	B to A	Run down	Pass Rush	4 tech.	4 tech.
H	Ghost, Read	OT/Ball	C to B gap	Run down	Pass Rush	Foot	Walk- no read Check Tug ₂₁

Coverage:
Silver (cover 4)
3 weak, Blue (2)

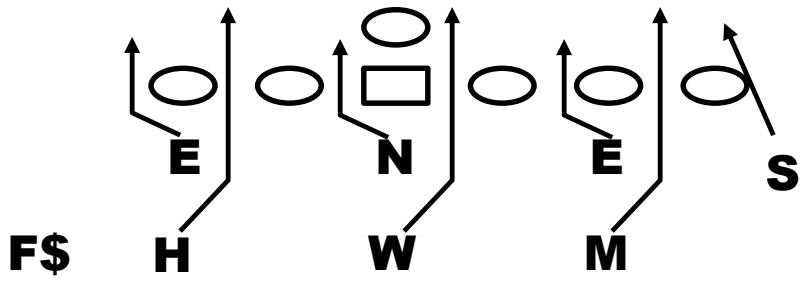
RE- cover 4 squeeze vs.
kickout, spill in 3 wk



POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	Foot	TE/ triangle	D gap	Stay – silver Cutbck- 3 deep	Coverage	Foot	Walk
E	4 tech., Angle	OT or ball	C gap	Trail	Contain	4 tech.	4 tech.
M	30	OG/ Triangle	B gap	Leverage	Coverage	30	00 tech. 2 gap
N	0 tech., Angle	C/Ball	A gap strong	A gap, re- direct	Pass Rush	0 tech.	0 tech.
W	30 tech.	OG/ Triangle	A	Leverage	Coverage	30	Walk
E	4 tech., angle out	OT/Ball	C gap	C gap- trail	Contain	4 tech.	4 tech.
H	Ghost, get depth and sugar up- Buck	OG/Ball	B gap	B gap , cross face	Pass Rush	Foot	Walk

Previous Next

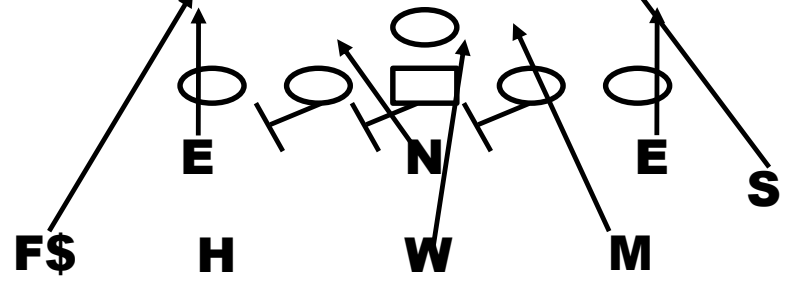
Ram stack angle weak all blitz green



SAM and End blitz peel

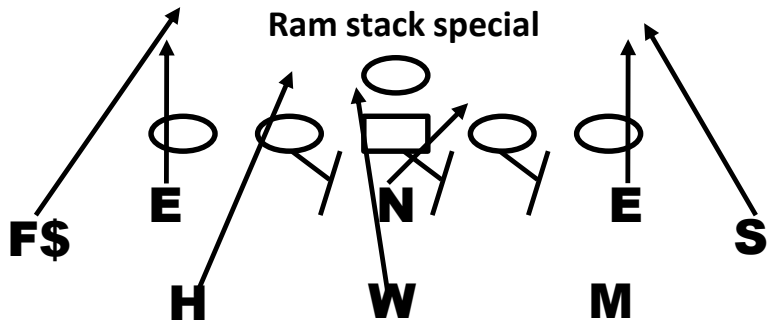
Ram stack special

TC

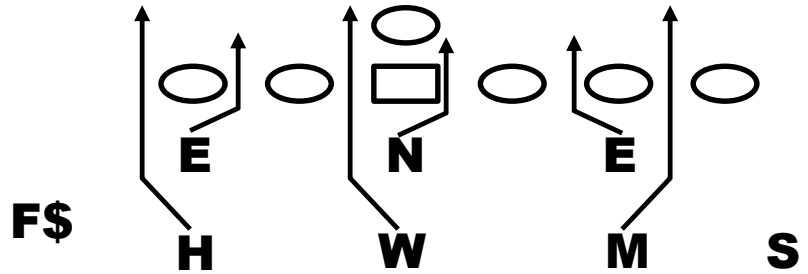


Nose- attack guard and drive thru slide
M/H read OG- if he slide to the center- blitz off his ass, if slides away man up
W- blitz away from center and guard

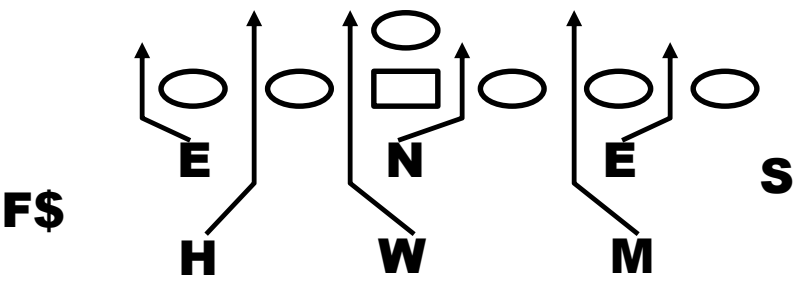
Ram stack special



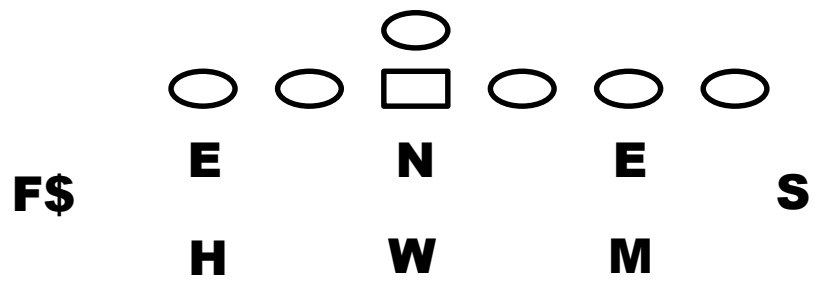
Ram Stack TI Blitz Green



Ram stack TO Blitz



Ram stack Rip green



Hawk Series

Coverage:

Silver (cover 4)

Red (3 weak)

Cloud (cover 2)

3 strong

Black

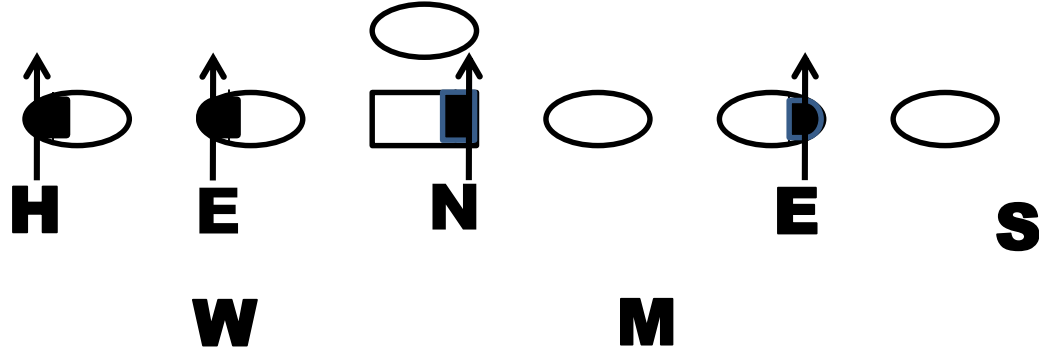
Green

Auto

Option Responsibility- H/(SE) = QB, M/W- dive to QB, S/\$- Pitchman

Note: stunts, blitzes, and game plan can change responsibility

Coverage:
 Silver (cover 4)
 3 weak
 Blue (cover 2)

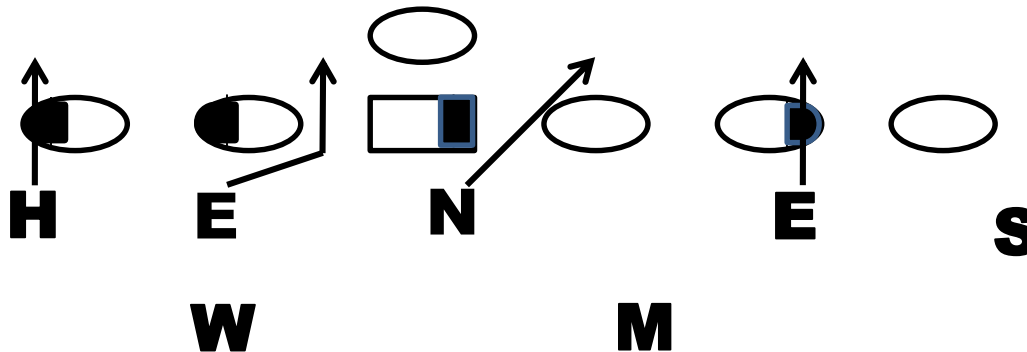


Notes:
 Vs 1 back N in a 2i

Note: the Hawk can be 1 x 1 off the tackle- "Elephant position"

POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	Foot	TE/ triangle	D gap	Stay – silver Cutbck- 3 deep	Coverage	Foot	Walk
E	5 tech., Attack	OT or ball	C gap	Trail	Contain	5 tech.	5 tech.
M	30	OG/ Triangle	B gap	Leverage	Coverage	30	00 tech. 2 gap
N	shade 1 tech., Attack	C/Ball	A gap strong	A gap, re- direct	Pass Rush	2i tech.	2i tech.
W	30 tech.	OG/ Triangle	A	Leverage	Coverage	30	Walk
E	3 tech., Attack	OG/Ball	B gap	B gap- re- direct	PR	3 tech.	3 tech.
H	5 tech., gap step	OT/Ball	C gap	Trail	contain	7 tech.	5 tech.

Coverage:
Silver (cover 4)
3 weak
Blue (cover 2)

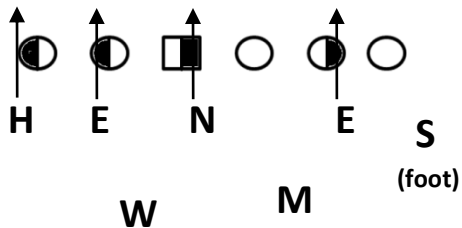


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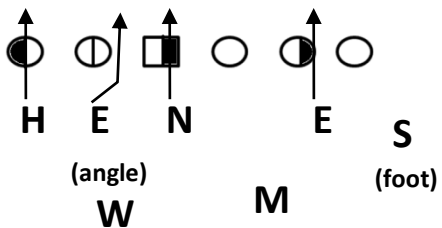
Vs 1 back N in a 2i

POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	Foot	TE/ triangle	D gap	Stay – silver Cutbck- 3 deep	Coverage	Foot	Walk
E	5 tech., Attack	OT or ball	C gap	Trail	Contain	5 tech.	5 tech.
M	30	OG/ Triangle	B gap	Leverage	Coverage	30	00 tech. 2 gap
N	Shade 1 tech., Slant	C/Ball	A gap strong	A gap, re- direct	Pass Rush	2i tech. attack	2i tech. attack
W	30 tech.	OG/ Triangle	B	Leverage	Coverage	30	Walk
E	3 tech., Rip	Ball	A gap	A gap- re- direct	PR	3 tech.	3 tech.
H	5 tech., Attack	OT/Ball	C gap	Trail	contain	7 tech.	5 tech.

Hawk

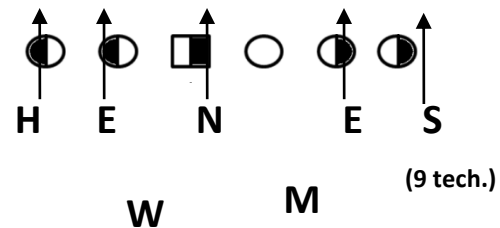


Hawk shadow

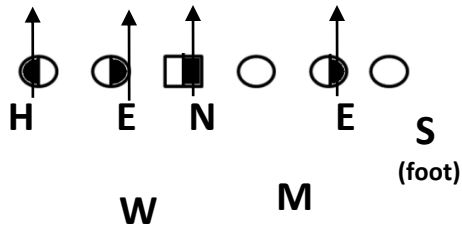


Hawk solid

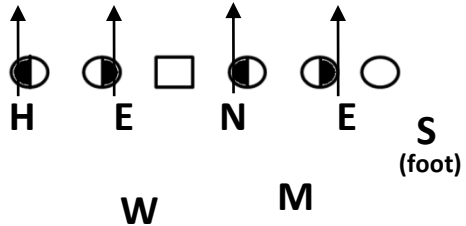
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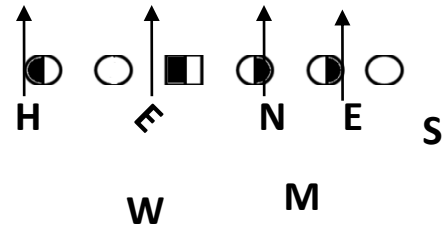
Hawk in



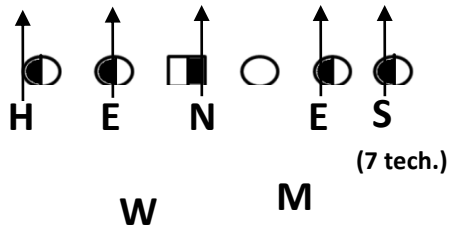
Hawk g over



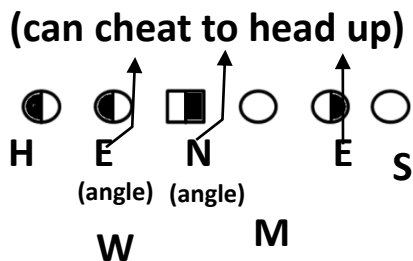
Hawk shift (tilt)



Hawk sin

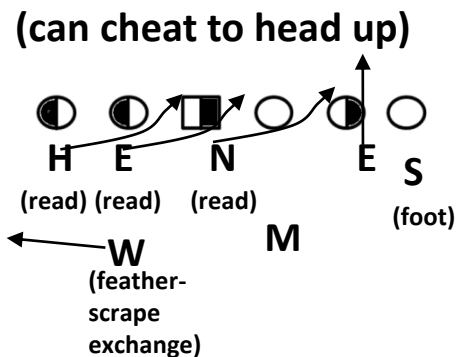


Hawk Angle

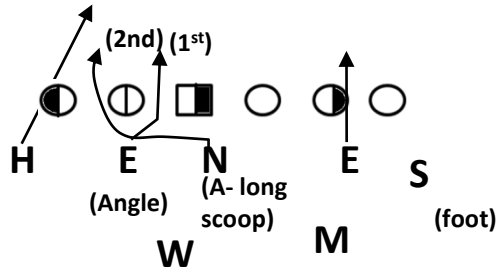


If "all" tagged stunt includes Hawk

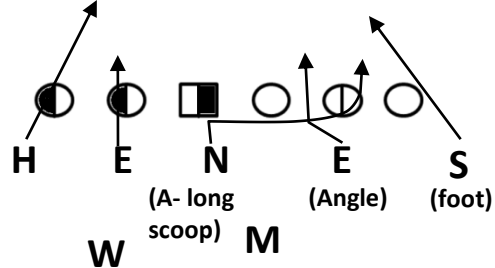
Hawk Read



Hawk Bend weak

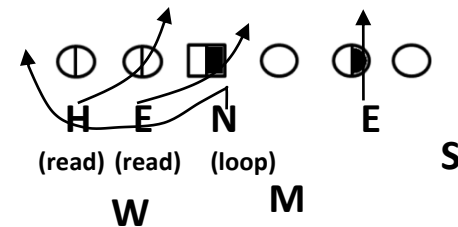


Hawk curve strong (Dog)

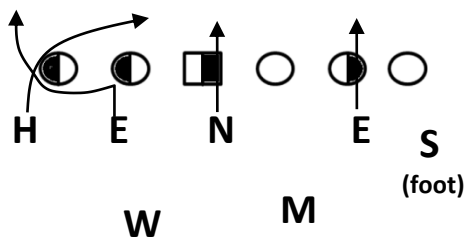


Hawk noose

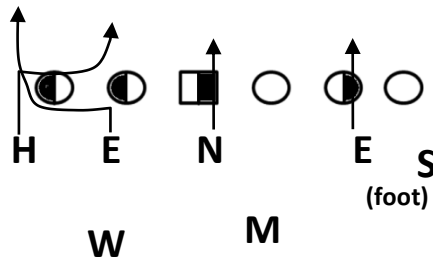
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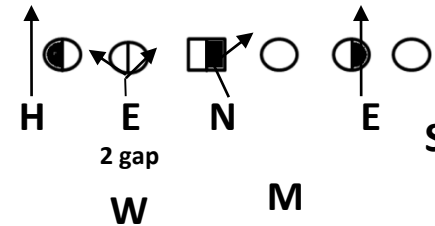
Hawk tommit



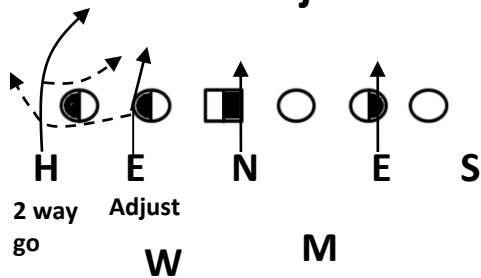
Hawk edit



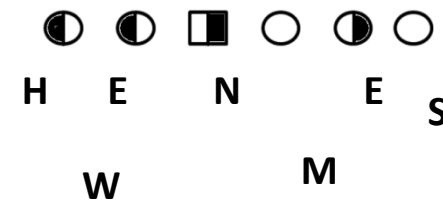
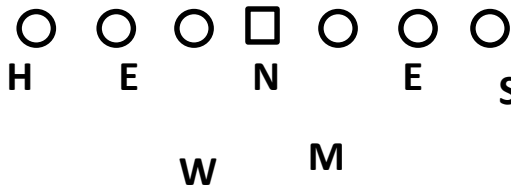
Hawk Dos



Hawk adjust



Vs double tight we can check to a 50 on the backside



Note: a **crazy** tag- tells the hawk he has an automatic 2 way go, the rocked down safety will make the Hawk right.

Slam Series

34 Strong side (offensive Strong side) Pressure

Coverage:

3 strong

Black

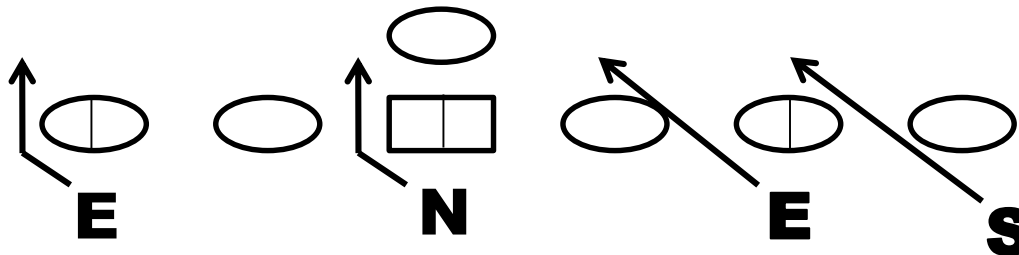
Green

If Silver or Blue- W/M must switch

Option Responsibility- Contain (DE) = QB, M/W- dive to QB, S/H- pitchman

Note: stunts, blitzes, and game plan can change responsibility

Coverage:
3 strong



Notes:
Vs. 2 backs aiming point outside hip of OT

Vs. 1 back aiming point outside the TE
Vs trips mike stack play C gap to A to A gap

H

W

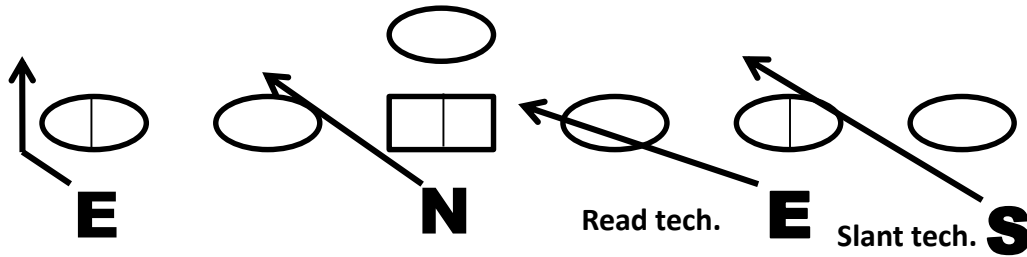
M

\$\$ "Contain"

POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	Foot, Slant tech.	OT/Ball	C gap	Trail- alert boot	Contain	Foot	Walk
E	4 tech. Slant tech.	OG or ball	B gap	B gap re-direct	Pass rush	4 tech.	4 tech.
M	30	OG/ Triangle	A gap	Leverage	Coverage	30	30
N	0 tech., Angle	C/Ball	A gap weak	A gap, re-direct	Pass Rush	0 tech.	0 tech.
W	30	OG/ Triangle	B	Leverage	Coverage	30	30
E	4 tech., Angle	Ball/OT	C gap	C gap- Trail	Contain	7 tech.	4 tech.
H	Ghost	TE/OT	D gap	Cutback/hit man	Coverage	Foot	Walk

Slam Tug

Coverage:
3 strong



Notes:
Sam vs 2 back inside
te, vs. 1 back outside
TE.

H

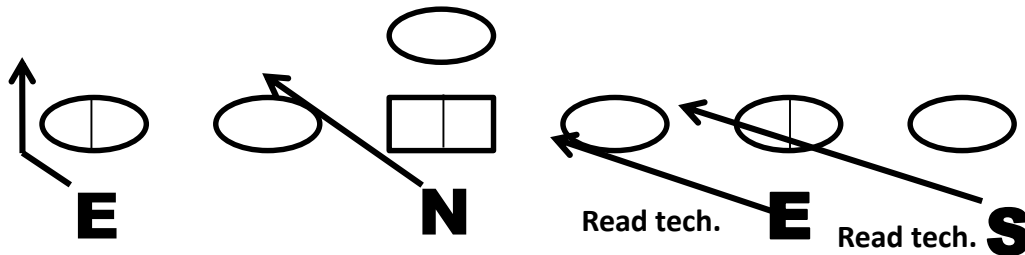
W

M

\$\$ "Contain"

POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	Foot, Slant tech.	OT/Ball	C gap	Trail- alert boot	Contain	Foot	Walk
E	4 tech. Read tech.	OG or ball	A to B gap	re-direct	Pass rush	4 tech.	4 tech.
M	30	OG/ Triangle	A to B gap	Leverage	Coverage	30	30
N	0 tech., Slant	Ball	A gap weak	A gap, re-direct	Pass Rush	0 tech.	0 tech.
W	30	OG/ Triangle	B	Leverage	Coverage	30	30
E	4 tech., Angle	Ball/OT	C gap	C gap- Trail	Contain	7 tech.	4 tech.
H	Ghost	TE/OT	D gap	Cutback/hit man	Coverage	Foot	Walk

Coverage:
3 strong



Notes: Sam should
cheat alignment

H

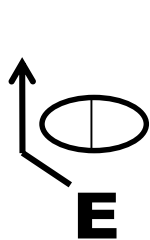
W

M

\$\$ "Contain"

POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	Foot, Read tech.	OT/Ball	C to B gap	Run down	Contain	Foot	Walk, check Tug
E	4 tech. Read tech.	OG or ball	B to A gap	rundown	Pass rush	4 tech.	4 tech.
M	Loose 30	OG/ Triangle	A to C gap	Leverage	Coverage	Loose 30	Loose 30
N	0 tech., Slant	Ball	A gap weak	A gap, re-direct	Pass Rush	0 tech.	0 tech.
W	30	OG/ Triangle	B	Leverage	Coverage	30	30
E	4 tech., Angle	Ball/OT	C gap	C gap- Trail	Contain	7 tech.	4 tech.
H	Ghost	TE/OT	D gap	Cutback/ hitman	Coverage	Foot	Walk

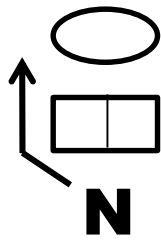
Coverage:
3 strong



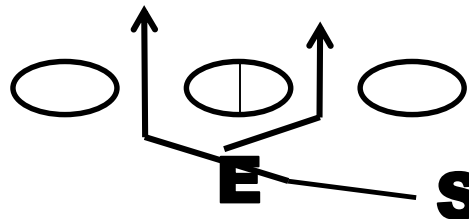
H



W



N



M

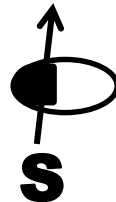
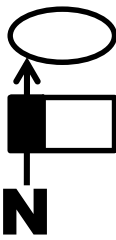
Notes:

\$\$

“Contain”

POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	Foot, Buck tech.	OG/Ball	B gap	B gap cross face	Pass Rush	6i	Walk
E	4 tech. Angle out.	Te/T or ball	C gap	C gap trail	Contain	4 tech.	4 tech.
M	30	OG/Triangle	A gap	Leverage	Coverage	30	30
N	0 tech., Angle	C/Ball	A gap weak	A gap, re-direct	Pass Rush	0 tech.	0 tech.
W	30	OG/Triangle	B	Leverage	Coverage	30	30
E	4 tech., Angle	Ball/OT	C gap	C gap- Trail	Contain	7 tech.	4 tech.
H	Ghost	TE/OT	D gap	Cutback/hit man	Coverage	Foot	Walk

Coverage:
3 strong



Notes: vs. 1 back
Nose – 2i

H

W

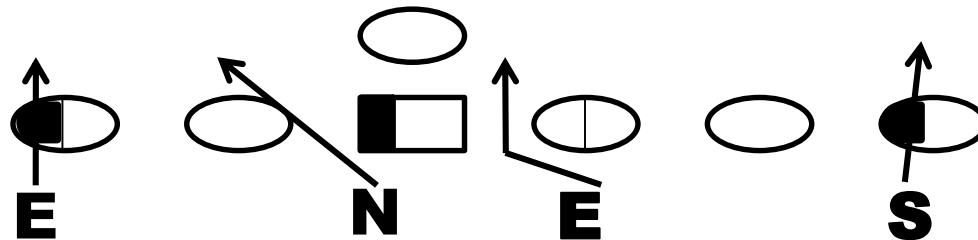
M

\$\$

“Contain”

POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	7 tech.- Bubble	TE	C gap	Trail	Contain	7	5 tech.
E	3 tech. Attack	OG or ball	B gap	B gap re- direct	Pass Rush	3 tech.	3 tech.
M	30	OG/ Triangle	A gap	Leverage	Coverage	30	30
N	shade 1 tech., Attack	C/Ball	A gap weak	A gap, re- direct	Pass Rush	2i tech.	2i tech.
W	30	OG/ Triangle	B	Leverage	Coverage	30	Walk
E	5 tech., Attack	Ball/OT	C gap	C gap- Trail	Contain	7 tech.	5 tech.
H	Off	TE/OT	D gap	Cutback/ hitman	Coverage	Foot	Walk

Coverage:
3 strong



Notes: vs. 1 back
Nose – 2i

H

W

M

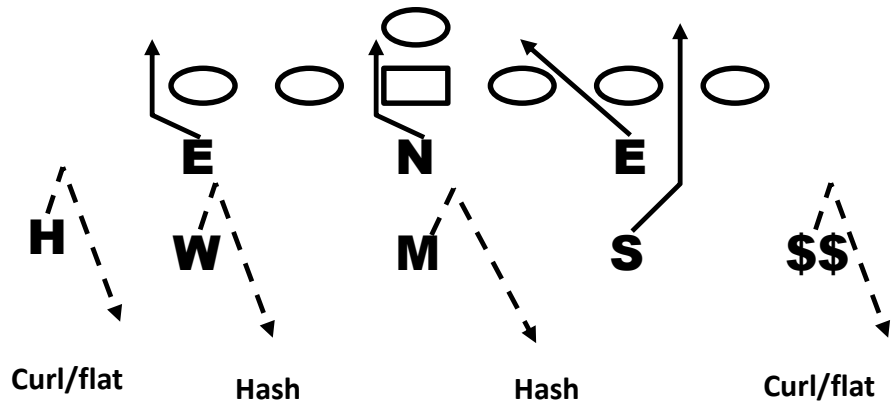
\$\$

“Contain”

POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	7 tech.- Bubble	TE	C gap	Trail	Contain	7	5 tech.
E	3 tech. Rip tech.	C or ball	A gap	A gap re- direct	Pass Rush	3 tech.	3 tech.
M	30	OG/ Triangle	B gap	Leverage	Coverage	30	30
N	Shade 1 tech., Slant	C/Ball	A gap weak	A gap, re- direct	Pass Rush	2i tech.	2i tech.
W	30	OG/ Triangle	B	Leverage	Coverage	30	Walk
E	5 tech., Attack	Ball/OT	C gap	C gap- Trail	Contain	7 tech.	5 tech.
H	Off	TE/OT	D gap	Cutback/ hitman	Coverage	Foot	Walk

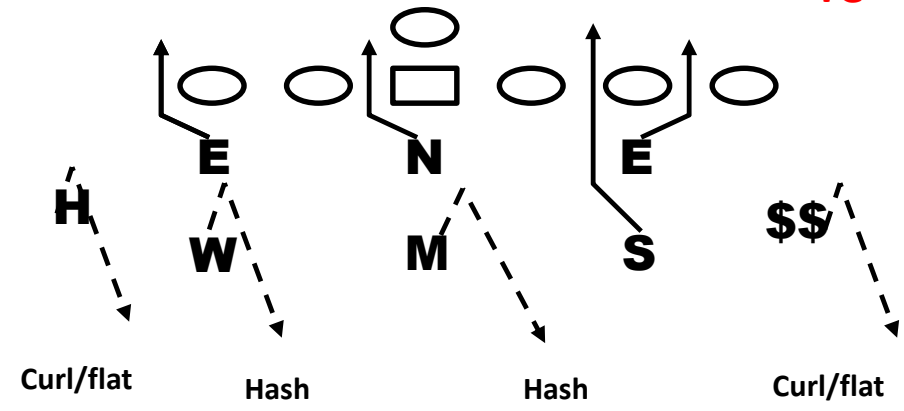
Previous Next

Slam stack 3 strg

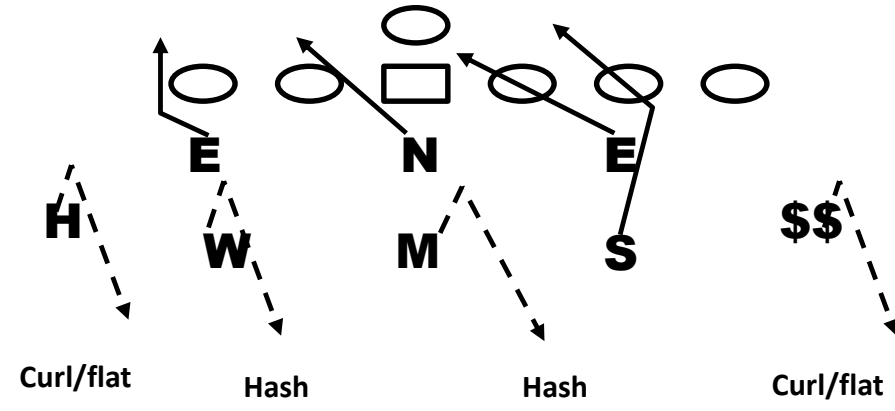


Slam stack Bull 3 strg

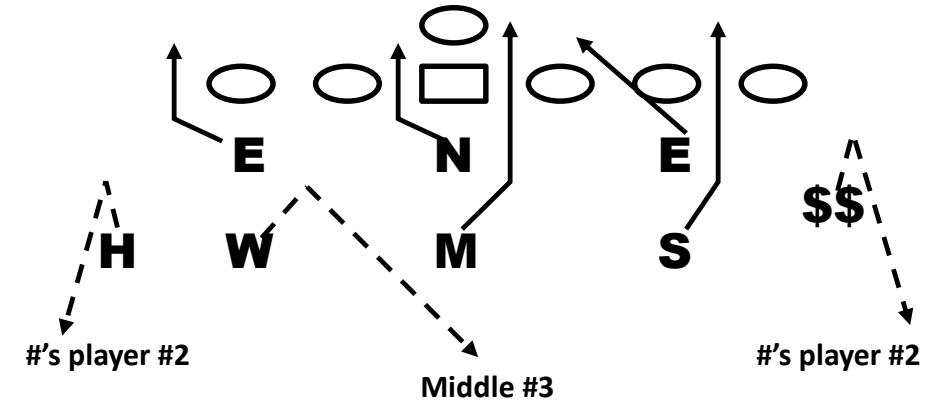
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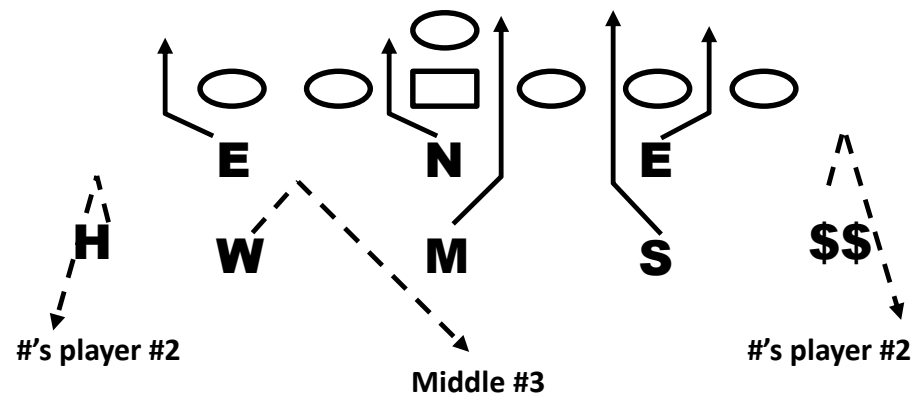
Slam Stack Tug 3 strg



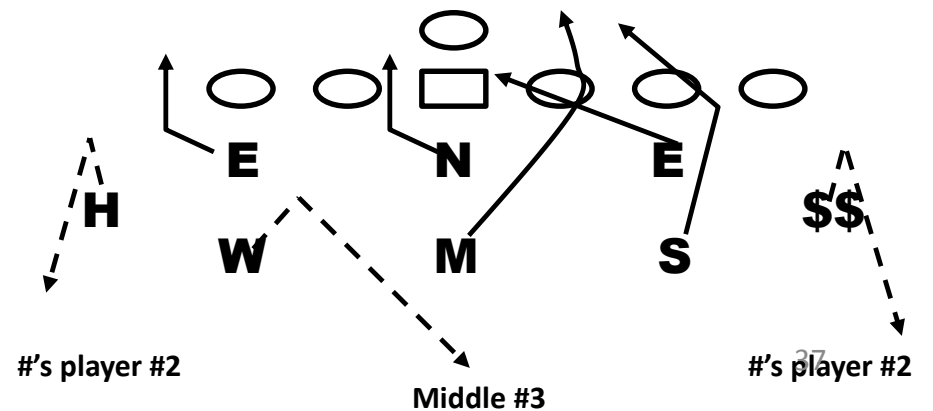
Slam Stack Fire Rock (shale- \$\$ from outside)



Slam Stack Buck Fire Rock



Slam Stack Tug Fire Rock



30 Series

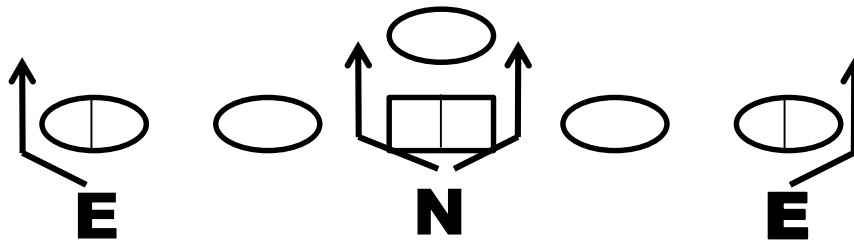
We can Choice any of these calls

Expect to use “Dime” Personnel

Option Responsibility- Contain (DE) = QB, M/W- dive to QB, S/H- pitchman

Note: stunts, blitzes, and game plan can change responsibility

Coverage:
 Cover 3- roll, invert,
 Silver (cover 4)
 Blue (cover 2)
 Cover 8- roll, deuce, spy,
 safe, falcon
 Man under 2 deep



Notes: Can give
 nose a direction
 or have him
 attack

H

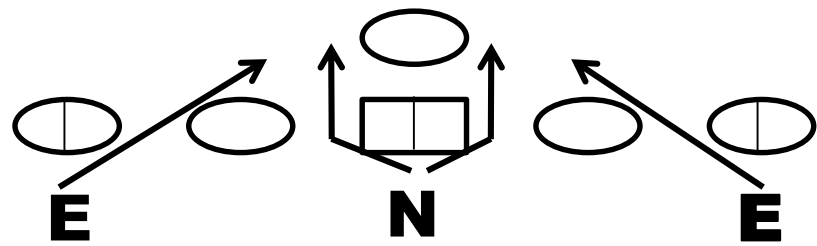
W

M

S

POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	Off	TE/OT triangle	D gap	Hitman	Coverage	Off	Walk
E	4 tech. Or wide 5- check DD	OT	C gap	Trail	Contain	4 tech.	4 tech.
M	30	OG/ Triangle	B gap	Leverage	Coverage	30	30
N	0 tech., Attack or Angle	C/Ball	Double A gap	A gap, re- direct	Pass Rush	0 tech.	0 tech.
W	30	OG/ Triangle	B	Leverage	Coverage	30	30
E	4 tech., or wide 5	Ball/OT	C gap	C gap- Trail	Contain	4 tech.	4 tech.
H	Off	TE/OT	D gap	Cutback/ hitman	Coverage	Off	Walk

Coverage:
 Cover 3- roll, invert,
 Silver (cover 4)
 Blue (cover 2)
 Cover 8- roll, deuce, spy,
 safe,
 Man under 2 deep
 Man Free



H

W

M

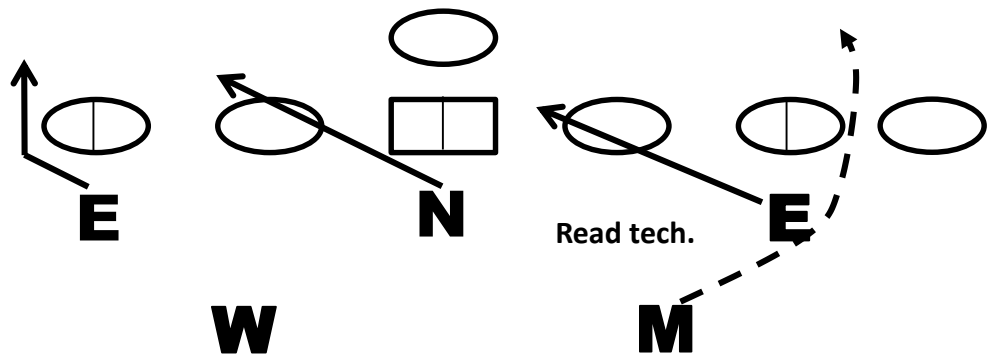
S

Notes: Pass sit. Ends can run an edit.

ILB- spy flow vs. sprint out

POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	Off	TE/OT triangle	D gap	Hitman/ Cutback	Coverage	Foot	Walk
E	4 tech. Or wide 4i check DD- Pinch	OG/Ball	B gap	Trail	Contain	4 tech.	4 tech.
M	Loose 30	OG/ Triangle	C gap	A Gap	Coverage	Loose 30	Loose 30
N	0 tech., Attack	C/Ball	Double A gap	A gap, re- direct	Pass Rush, wrap for QB contain	0 tech.	0 tech.
W	Loose 30	OG/ Triangle	C Gap	A gap	Coverage	Loose 30	Loose 30
E	4 tech., or 4i- Pinch	Ball/OG	B gap	Trail	Contain	4 tech.	4 tech.
H	Off	TE/OT	D gap	Cutback/ hitman	Coverage	Foot	Walk

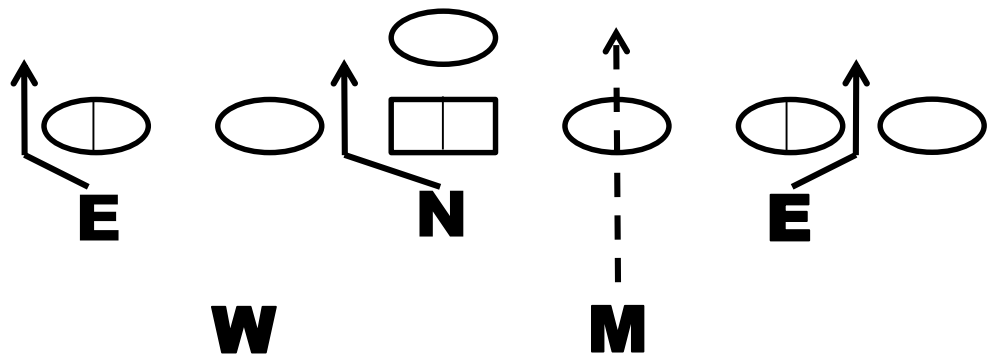
Coverage:
 Cover 3- invert,
 Silver (cover 4)
 Blue (cover 2)
 Man Free



Notes:
 W spy flow fire

POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	Off	TE/OT triangle	D gap	Slow read/Reverse	Coverage	Off	Walk
S DE	4 tech. Read tech.	OG/Ball	B to A gap	Run Down	Pass Rush	4 tech.	4 tech.
M	Loose 30	S DE	C to B gap	Leverage	Contain	30	30
N	0 tech., Slant	C/Ball	A gap	A gap, re-direct	Pass Rush,	0 tech.	0 tech.
W	30	OG/ Triangle	A to B gap	Cutback	Coverage	30	30
R DE	4 tech., Angle	Ball/OT	C gap	Contain, Trail	Contain	4 tech.	4 tech.
H	Ghost	OG triangle	D gap	Slow read/reverse	Coverage	Foot	Walk

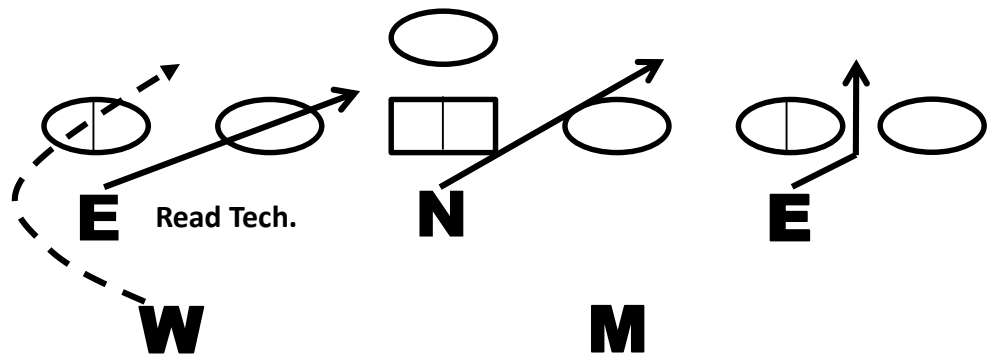
Coverage:
 Cover 3- invert,
 Silver (cover 4)
 Blue (cover 2)
 Man Free



Notes:
 Mike read Guard
 G out- A gap, G
 blocks down- B
 gap

POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	Off	TE/OT triangle	D gap	Slow read/Reverse	Coverage	Off	Walk
S DE	4 tech. Angle.	OT/Ball	C gap	Trail	Contain	4 tech.	4 tech.
M	20	OG	A to B gap	Leverage	Pass Rush	20	20
N	0 tech., Angle	C/Ball	A gap	A gap, re-direct	Pass Rush	0 tech.	0 tech.
W	30	OG/ Triangle	B to A gap	Cutback	Coverage	30	30
R DE	4 tech., Angle	Ball/OT	C gap	Contain, Trail	Contain	4 tech.	4 tech.
H	Ghost	OG triangle	D gap	Slow read/reverse	Coverage	Foot	Walk

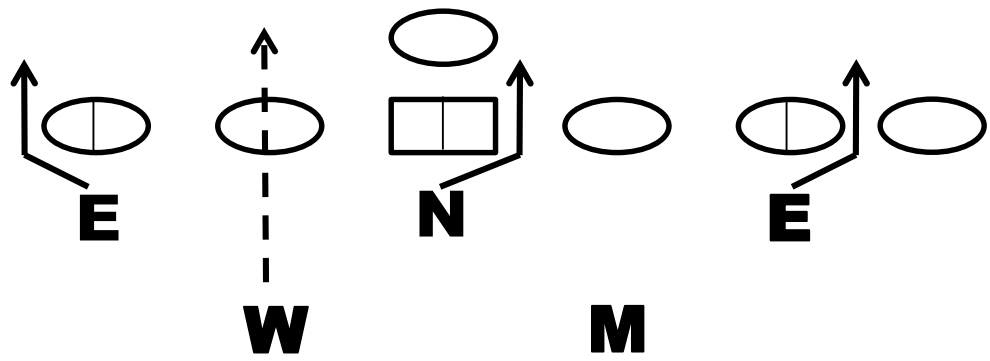
Coverage:
 Cover 3- invert,
 Silver (cover 4)
 Blue (cover 2)
 Man Free



Notes:
 Mike spy flow
 fires vs sprint out

POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	Off	TE/OT triangle	D gap	Slow read/Reverse	Coverage	Off	Walk
S DE	4 tech. Angle.	OT/Ball	C gap	Trail	Contain	4 tech.	4 tech.
M	30	OG/ Triangle	A to B gap	Cutback	Coverage	30	30
N	0 tech., Slant	C/Ball	A gap	A gap, re-direct	Pass Rush	0 tech.	0 tech.
W	Loose 30	R DE	C to B gap	Contain/ trail	Contain	30	30
R DE	4 tech., Read tech.	Ball/OG	A to B gap	Rundown	Pass Rush	4 tech.	4 tech.
H	Ghost	OT triangle	D gap	Slow read/ reverse	Coverage	Foot	Walk

Coverage:
 Cover 3- invert,
 Silver (cover 4)
 Blue (cover 2)
 Man Free

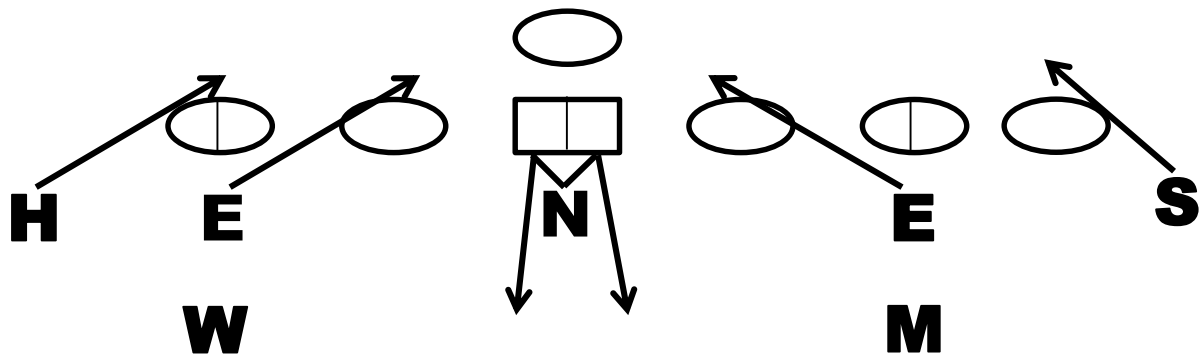


Notes:
 Mike spy flow
 fires vs sprint out

POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	Off	TE/OT triangle	D gap	Slow read/Reverse	Coverage	Off	Walk
S DE	4 tech. Angle.	OT/Ball	C gap	Trail	Contain	4 tech.	4 tech.
M	30	OG	B to A gap	Cutback	Coverage	30	30
N	0 tech., Angle	C/Ball	A gap	A gap, re-direct	Pass Rush,	0 tech.	0 tech.
W	20	OG/ Triangle	A to B gap	Leverage	Pass Rush	20	20
R DE	4 tech., Angle	Ball/OT	C gap	Contain, Trail	Contain	4 tech.	4 tech.
H	Ghost	OG triangle	D gap	Slow read/reverse	Coverage	Foot	Walk

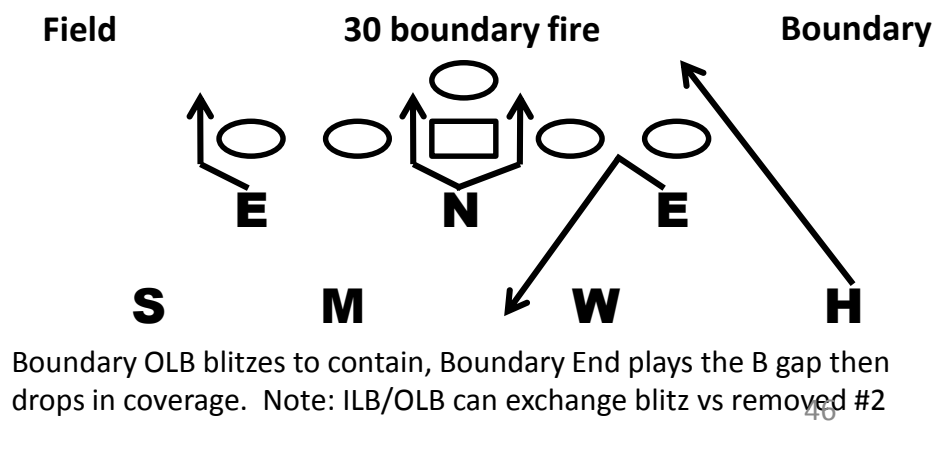
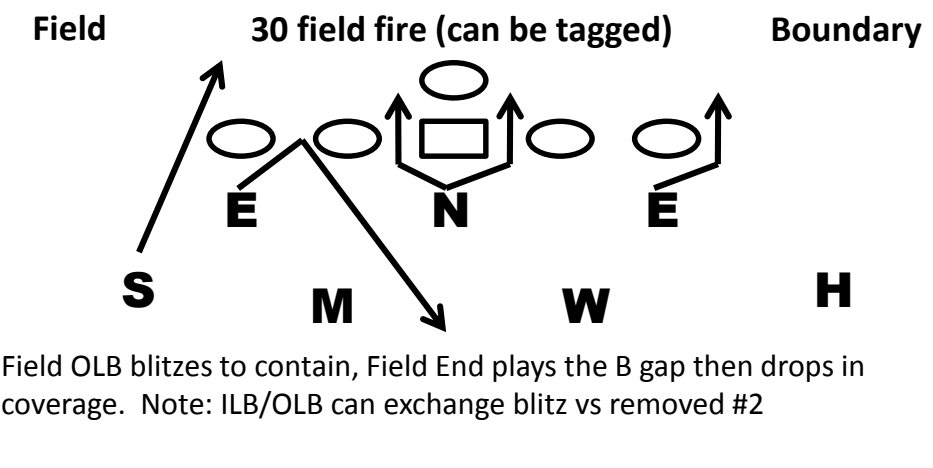
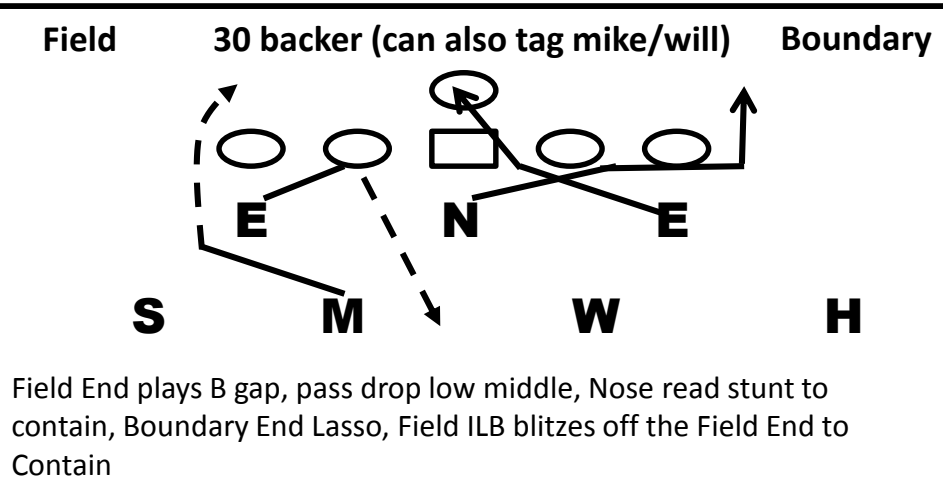
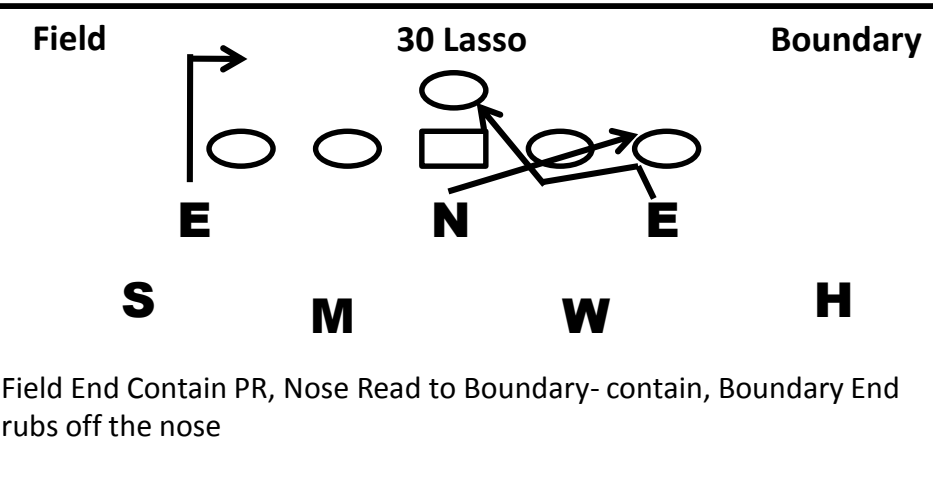
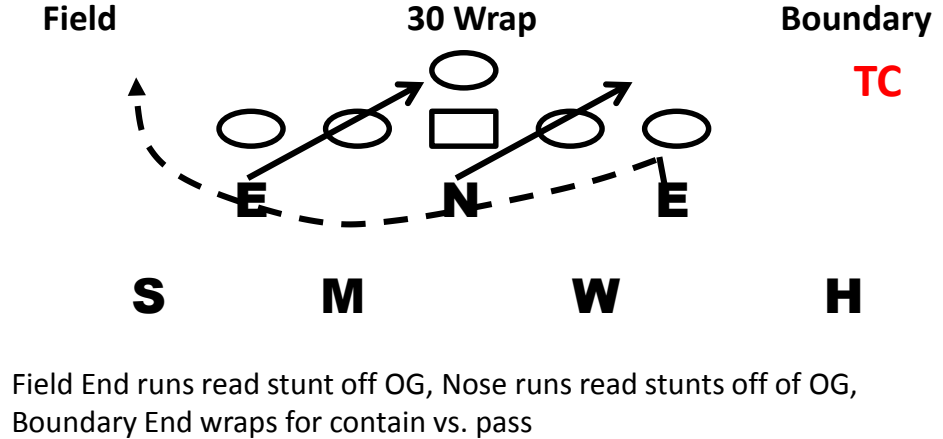
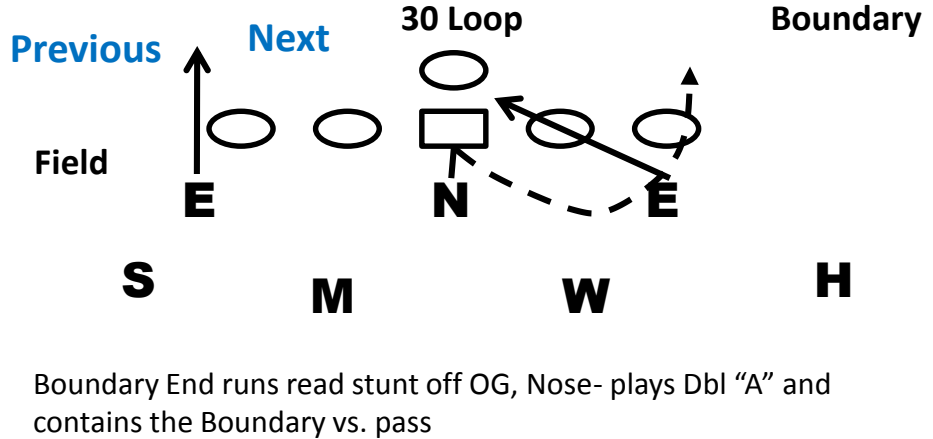
Coverage:

Blue (cover 2)



Notes:
Vs. removed #2
OLB/ILB exchange
responsibility

POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	Foot slant tech.	TE/OT triangle	D gap	Trail	Contain	foot	Exchange w/ Mike
S DE	4 tech. slant	OG/Ball	B gap	B gap-cross face	Pass Rush	4 tech.	4 tech.
M	40	OG/Triangle	A to C gap	A gap Cutback	Coverage	40	Exchange w/ Sam
N	0 tech., Attack	C/Ball	Double A gap	Run down	Coverage- screen, drags, middle screen	0 tech.	0 tech.
W	40	OG/Triangle	A to D gap	A gap cutback	Coverage	40	Exchange w/ hawk
R DE	4 tech., slant tech	Ball/OG	B gap	B gap cross face	Pass Rush	4 tech.	4 tech.
H	Ghost, slant tech.	TE/OT triangle	C gap	Trail	Contain	Foot	Exchange w/ will 45



Jets Series

Coverage:**Black**

Silver/Blue variations

Green

Red

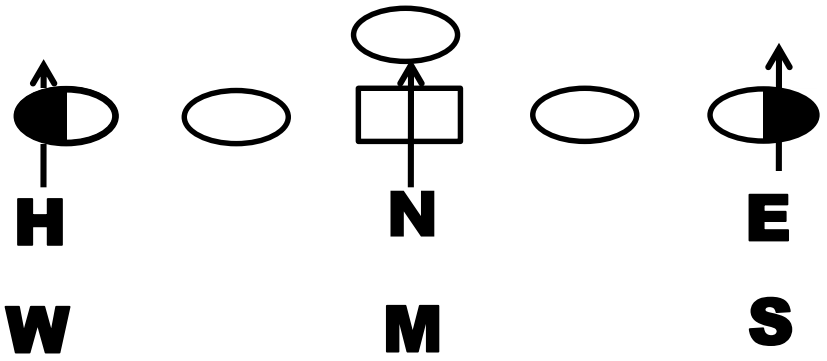
Robber

Lock On

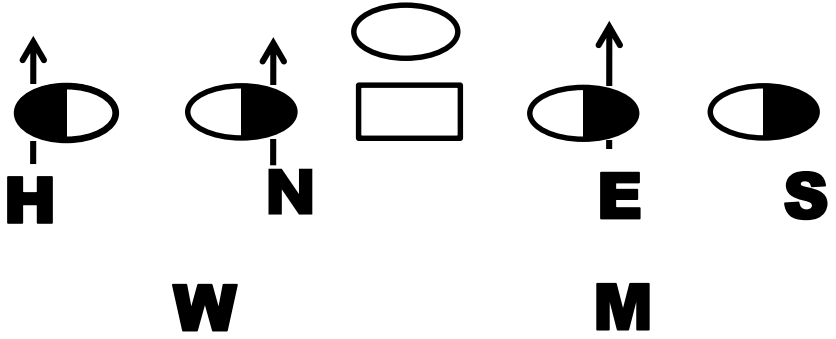
Lock On steel curtain

Game plan variations

We can Choice any of these calls**Expect to use “Dime” Personnel**Called in
passing
situations vs.
no TEIn black and
green will
always blitz at
least 2**Option Responsibility- Contain (DE)/Hawk = QB, S/W- Dive to, QB away M- QB****Secondary 5 yard rule-****Note: stunts, blitzes, and game plan can change responsibility**



POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	50 stack	OG/Tri	B gap	Leverage	Coverage/Blitz	Auto slide	Call
E	5 tech. Attack	Ball/OT	C/ contain	C-gap trail	Pass Rush	Auto slide.	Call
M	00 stack	OG/ Triangle	stunt	Leverage	Coverage/Blitz	30	Call
N	0	C/Ball	stunt	A gap, re- direct	Pass Rush	Auto slide.	Call
W	50 stack	OG/ Triangle	B gap	Leverage	Coverage/Blitz	30	Call
H/E	5 tech., Attack	Ball/OT	C/ contain	C gap- Trail	Contain	Auto slide.	Call
DB	Depends on Coverage						



POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	5	OT/TE	C gap	C gap trail	Coverage/Blitz/ Contain PR	9 tech.	call
E	3 tech. Attack	OG or ball	B gap	B gap re- direct	Pass Rush	Auto slide.	call.
M	30 stack	OG/ Triangle	A gap	Leverage	Coverage/Blitz	30	30
N	2i	C/Ball	A gap weak	A gap, re- direct	Pass Rush	Auto slide.	2i tech.
W	30	OG/ Triangle	B	Leverage	Coverage/Blitz	30	Coverage
H/E	5 tech., Attack	Ball/OT	C gap	C gap- Trail	Contain PR	9 tech	5 tech.
DB	Depends on Coverage						

Jet Black

- C- #1**
- C- #1**
- F\$- Free**
- \$-\$- #2 strong**
- N(W\$)- #2 weak or #3 strong**

Fire Tags	
Strong	Weak
Field	Boundary
Choice	

Non blitzing backer responsible for back

If empty

Motion- go with back

If lined up- take #3 strong, N- stays on #2 weak

In Jets we can replace the Sam with a Dime back.

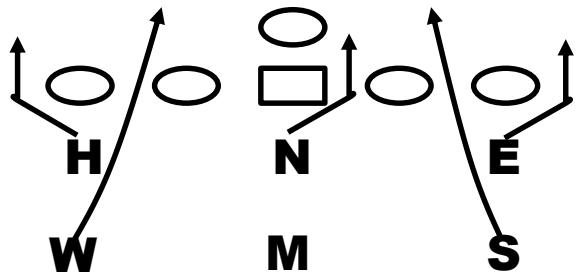
Remaining linebackers do all of the blitzes.

Coverage variations are almost countless

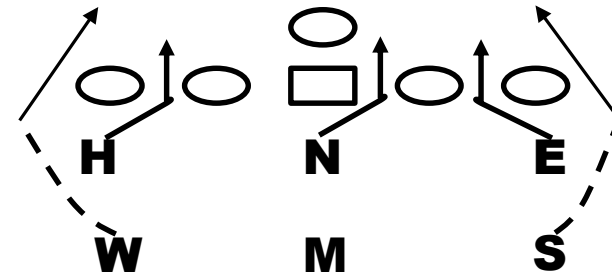
Most common will be Jets Blue with a "star" call.

Blue cover for all but designed DB will cover the star player in lock-on press

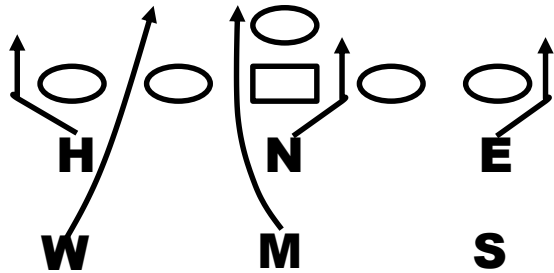
TO Double Fire



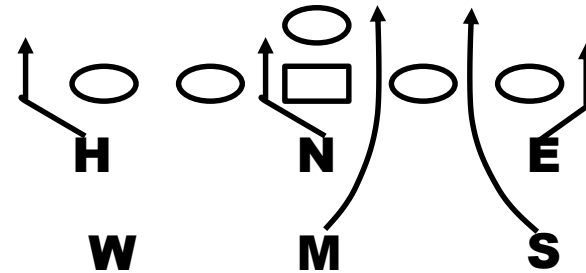
TI Double Fire (rockets)



Bull Weak Fire

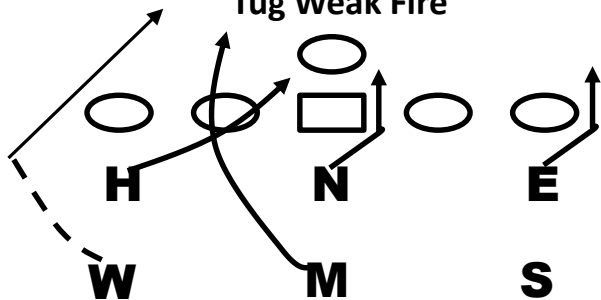


Bull strong Fire

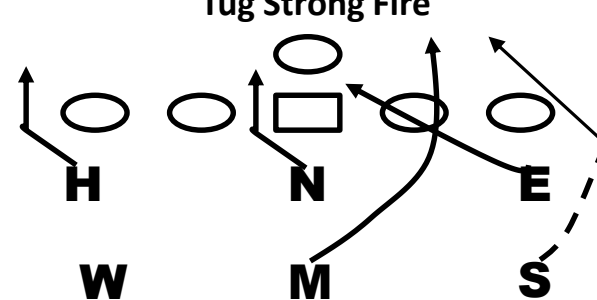


Note: Mike can crowd strong A and loop over to weak A

Tug Weak Fire

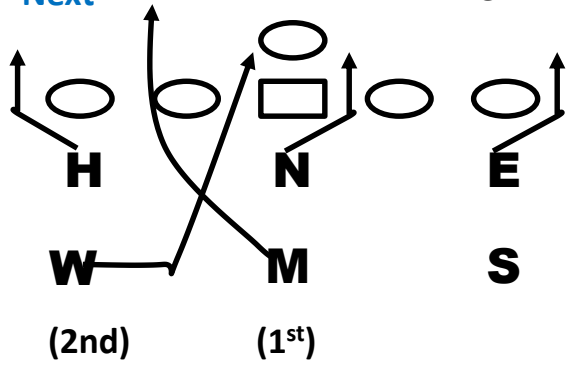


Tug Strong Fire



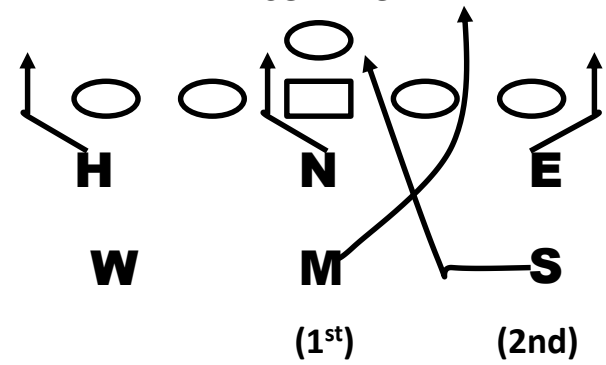
Previous Next

X Fire

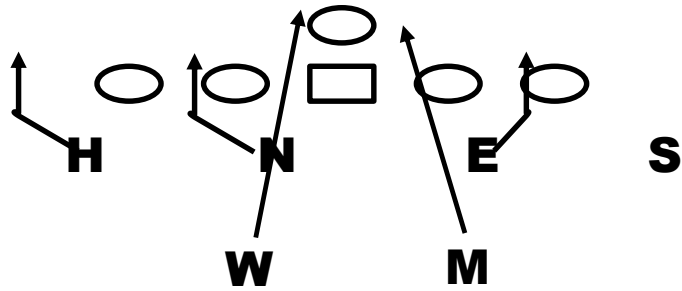


Sex Fire

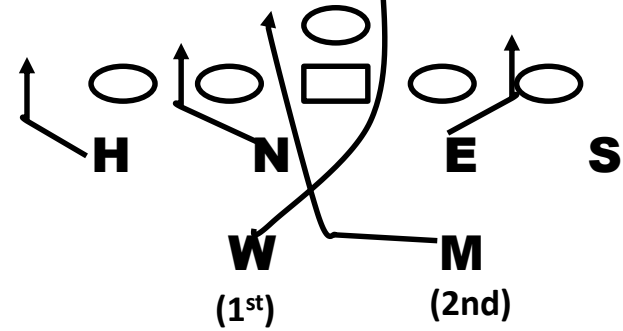
TC



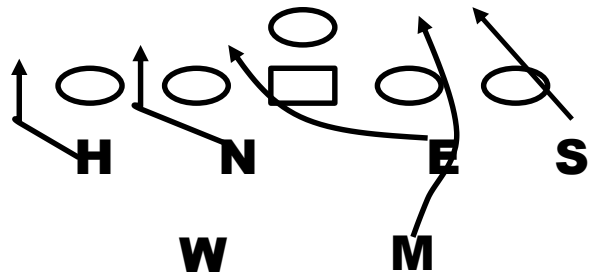
Jet Slide Arson Fire



Jet Slide AX Fire



Jet slide Tug Strong



52

5 Man Fronts

Sam and Hawk- in a 9. ghost 9 or a 5 tech. (no coverage)
or off the heels of the DE cocked in and cross keying.

Vs. Pass- contain PR

Coverage:

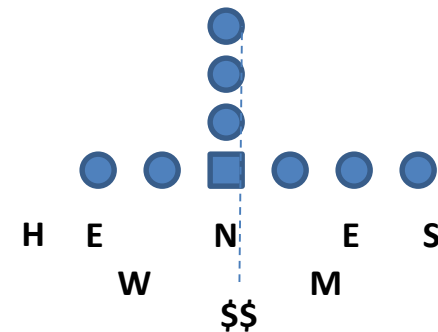
Green (0)

Black (1) Raider (1)

Shell (42)

Monster 3 deep

We can also go spy/isolate with
the \$\$- \$\$ will spy backfield threat
Covers- 0,1, 3



Note: Vs. open sets with a removed #2, the OLB to that side can widen and the ILB will exchange Responsibilities. OLB gives End a “Cage” call- DE now has contain.

If we go with a Heavy package- we can replace one of the Safeties with a DL/DE type player and the Sam Linebacker will become a 2nd level defender.

Option Responsibility- Tackle= Dive, M/W- dive to QB- away, S/H- pitchman to cutback away

Note: stunts, blitzes, and game plan can change responsibility

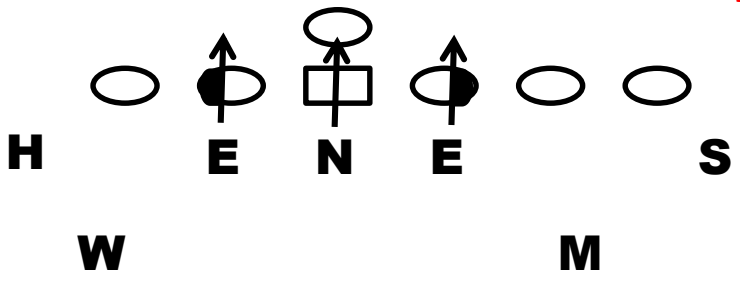
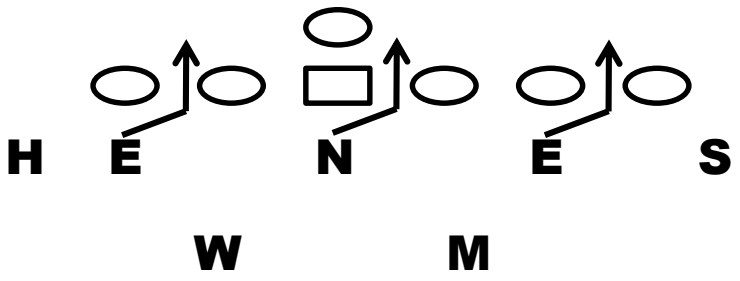
Previous

Next

52 Angle (strg/wk/choice)

52 Double Eagle

TC

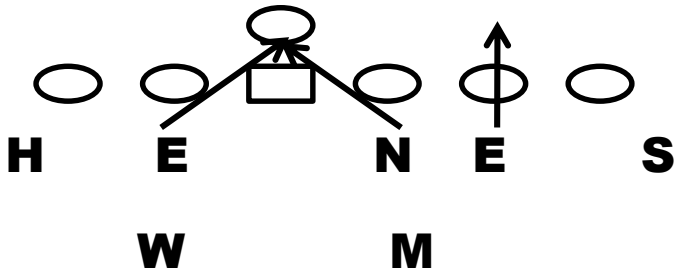
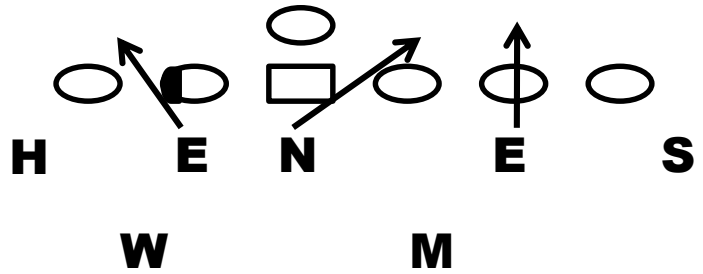


E, N, E- angle technique to call

E, N, E- attack technique, can be tagged tackles out

52 Eagle

52 Load

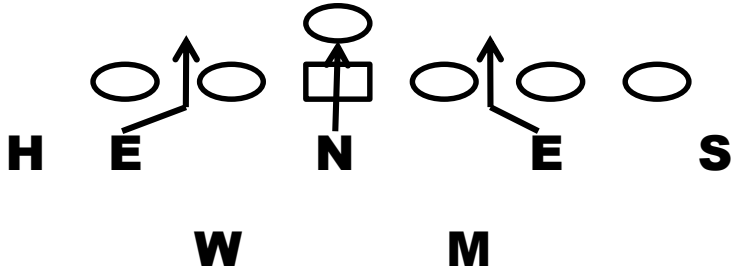
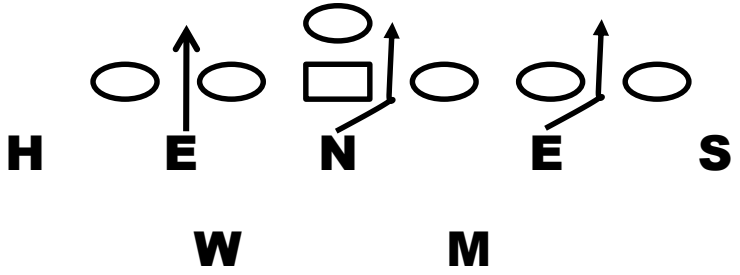


RE- slant to OT, Nose slant to OG, SE Attack

RE- and Nose Pinch to heels of QB, SE attack- can be tagged tackles out, RE/N Angle out

52 Angle Bopper

52 tackles in

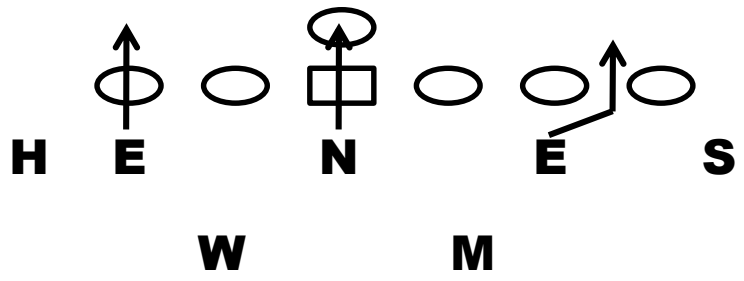


Re and Nose Gap technique, SE- Attack

Re and SE Angle in, Nose- Attack

Previous Next

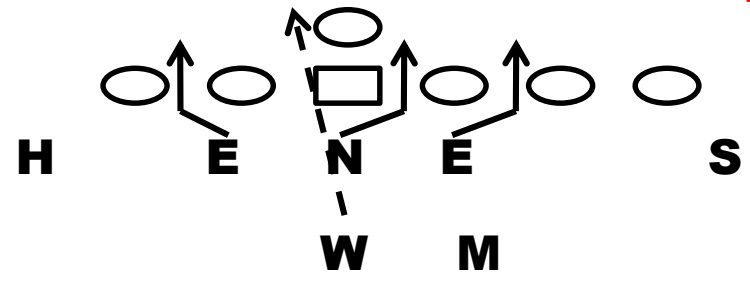
52 Tackles Out



Re and SE angle out, Nose attacks, End to open side Attacks if one TE

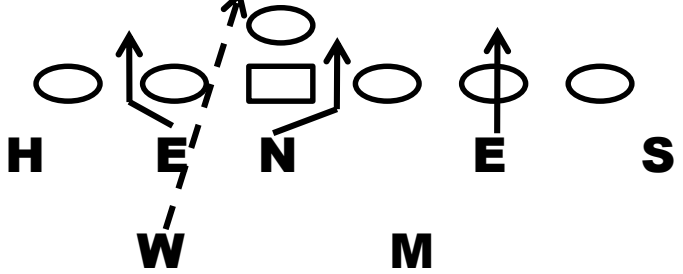
52 Double Eagle Fire

TC



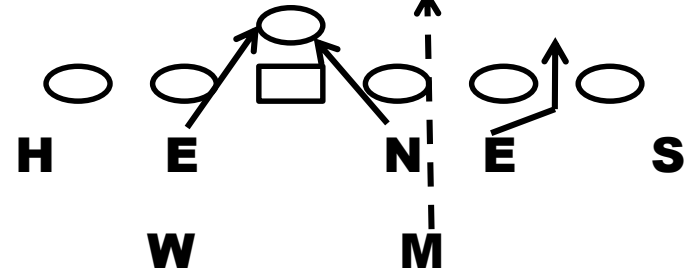
End angle out, Nose angle away from Fire, can be tagged Will or Mike, or it can be choiced

52 Eagle Fire



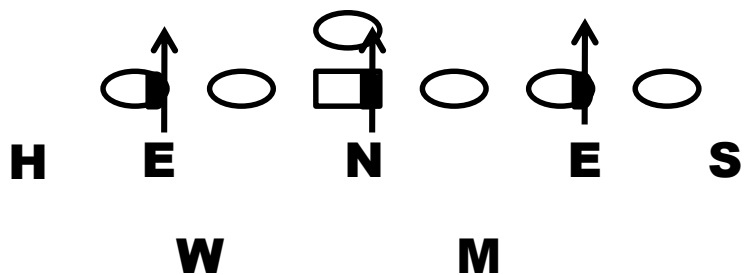
Rush End angles out, Nose angle away from Fire, SE attacks can be tagged Will or Mike, or it can be choiced

52 Load Fire



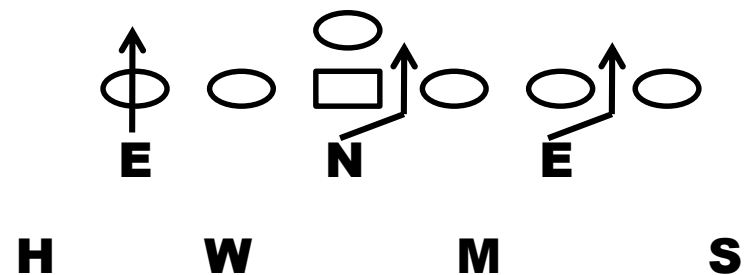
Rush End and Nose pinch, SE angles out- can be tagged Will or Mike, or it can be choiced

Shade strong



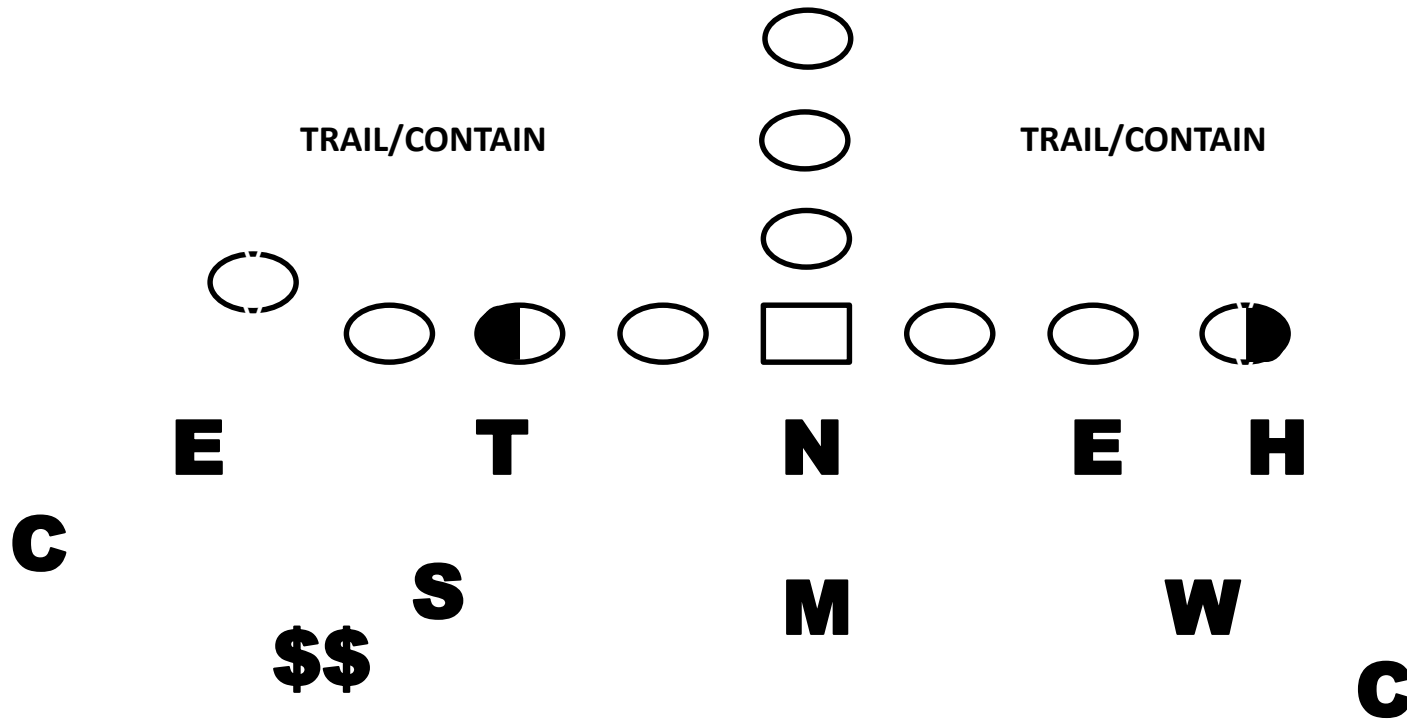
Ends and Nose Attack

52 1/2 angle



RE attacks, Nose and SE angle, this can be choiced

53



- CORNERs- - OWN #1 MAN TO MAN, LOOK TO COMBO IN CERTAIN CALL
- \$\$ - #2 strong
- SE/Hawk - D GAP RUN, SPILL ALL BLOCKS, TRAIL AND CONTAIN
- Tack/RE - listen to call in huddle – key ball 4 POINT STANCE
- NOSE- - PLAY EITHER A GAP MIKE WILL CALL “LIZ OR RIP”
- Sam & WILL- FLOW AWAY- CHECK A GAP AND GAIN LEVERAGE TO BALL, FLOW TO- FILL C GAP AND SPILL RUNS OUTSIDE, PASS- HASH
- MIKE - INSIDE FLOW- FILL A GAP, OUTSIDE FLOW- GAIN LEVERAGE TO BALL, PASS- MIDDLE K.O. CROSSIN ROUTES

5 Man Fronts (same as 52 stunts)

Sam and Hawk- in a 9. ghost 9 or a 5 tech. (no coverage)
 or off the heels of the DE cocked in and cross keying.
 Vs. Pass- contain PR

Coverage:
 Green (0)
 Black (1) Raider (1)
 Shell (42)
 Monster 3 deep

We can also go spy/isolate with the \$\$- \$\$ will spy backfield threat
 Covers- 0,1, 3

Note: Vs. open sets with a removed #2, the OLB to that side can widen and the ILB will exchange Responsibilities. OLB gives End a “Cage” call- DE now has contain.

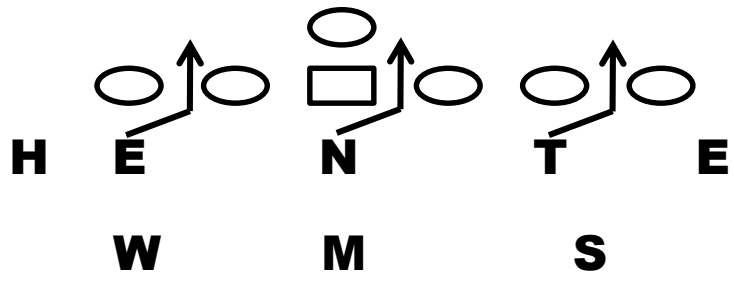
If we go with a Heavy package- we can replace one of the Safeties with a DL/DE type player and the Sam Linebacker will become a 2nd level defender.

Red Special- 53 variation- vs. 1 back check copper and drop Sam- 40 copper

Option Responsibility- T = Dive, S/W- dive to, cutback away, Mike- QB H/E- pitchman
Note: stunts, blitzes, and game plan can change responsibility

Previous Next

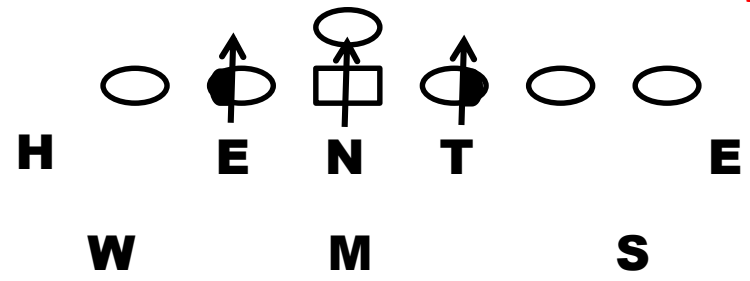
53 angle



E, N, E- angle technique to call

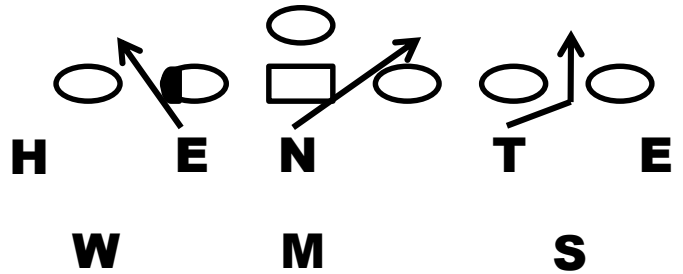
53 double eagle

TC



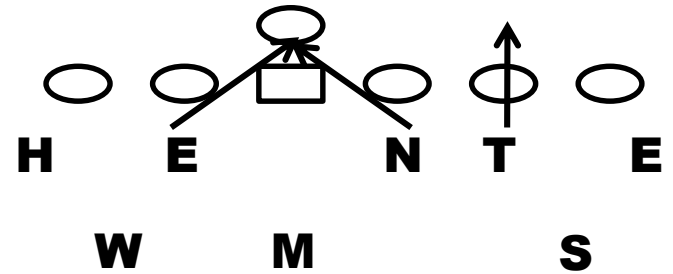
E, N, T- attack technique, can be tagged tackles out

53 Eagle TO



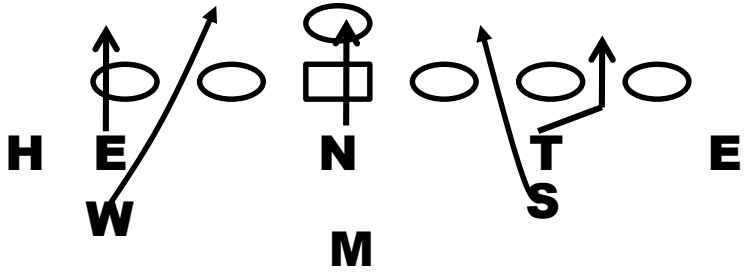
RE- slant to OT, Nose slant to OG, Tackle- angle out

53 Load Pinch

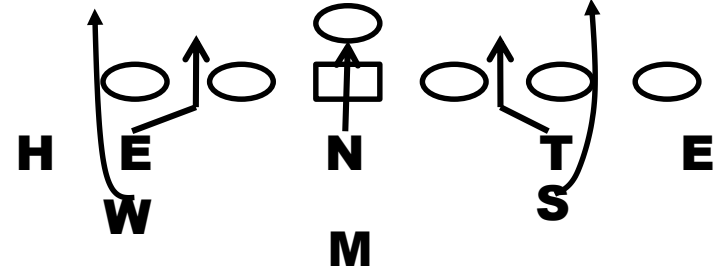


RE- and Nose Pinch to heels of QB, SE attack- can be tagged tackles out, RE/N Angle out

53 TO double Fire



53 tackles in double fire



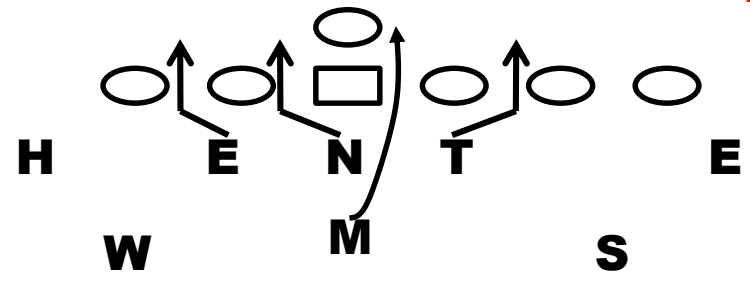
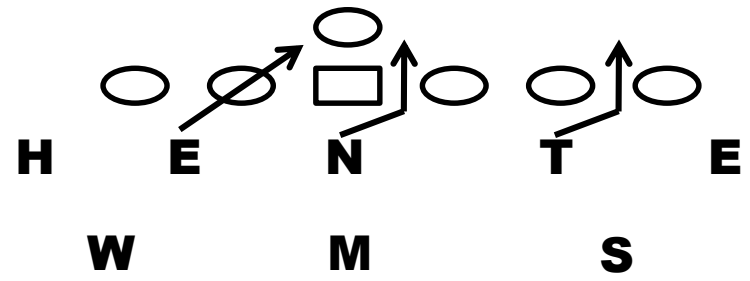
Previous

Next

53 angle right bopper snake "okie"

53 Double Eagle Fire

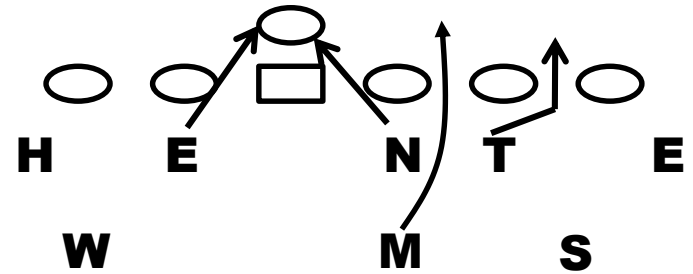
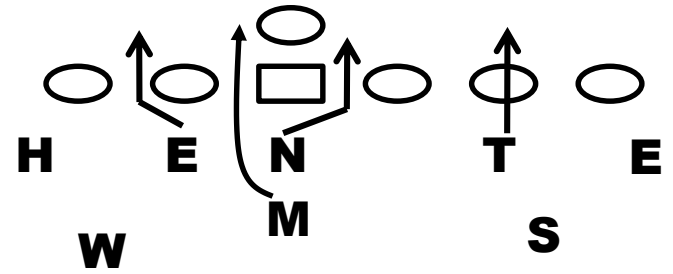
TC



If angle away from bopper- slant through v of G neck, if angle to bopper slant through v of tackle's neck

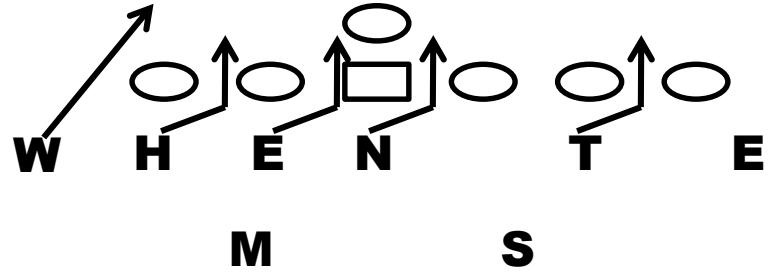
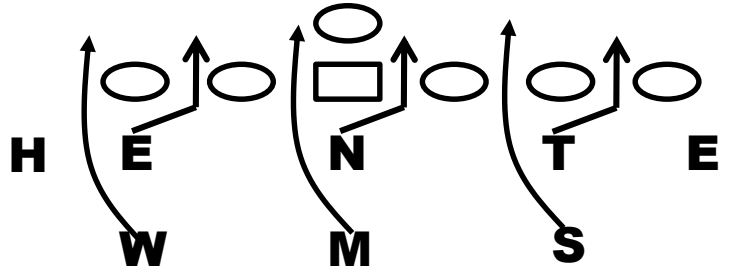
53 Eagle Fire

53 Load Fire



53 angle Right all blitz (Okie cougar)

53 angle rocket fire



Red Special ^{TC} (covers- 3, 0, cover 2 invert flash) stunts- dbl eagle, eagle, angle

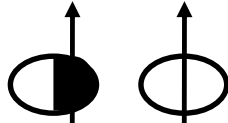
Check 40 auto vs. 1 back

Previous

Next

TRAIL/CONTAIN

TRAIL/CONTAIN



S

E

N

E

H

C

\$\$

M

W

F\$

C

CORNERS - 1/3

F\$ - MIDDLE THIRD

SAM& WILL FORCE/ NUMBERS- flow away check leverage - cutback

END/Hawk 7 tech- bubble control c gap

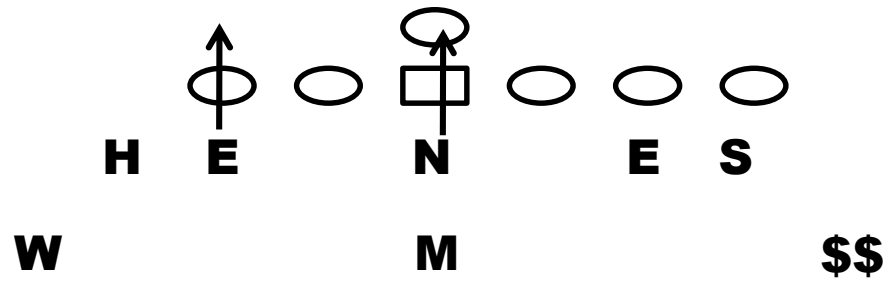
NOSE- - PLAY EITHER A GAP MIKE WILL CALL "LIZ OR RIP"

BACKER & WILL- FLOW AWAY- CHECK A GAP AND GAIN LEVERAGE TO BALL, FLOW TO- D GAP AND SPILL RUNS OUTSIDE, PASS- HASH

MIKE - INSIDE FLOW- FILL A GAP, OUTSIDE FLOW- GAIN LEVERAGE TO BALL, PASS- MIDDLE K.O. CROSSIN ROUTES

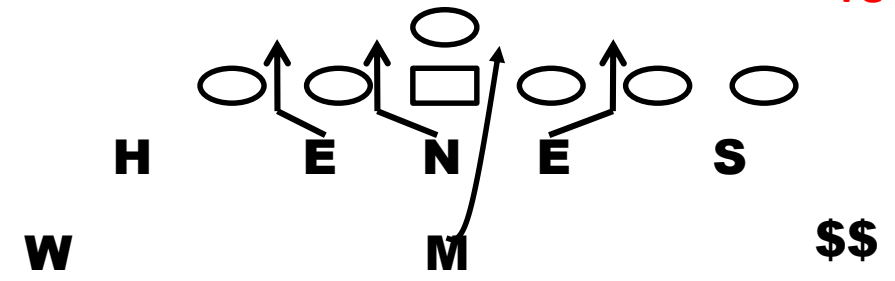
Previous Next

Red Special attack



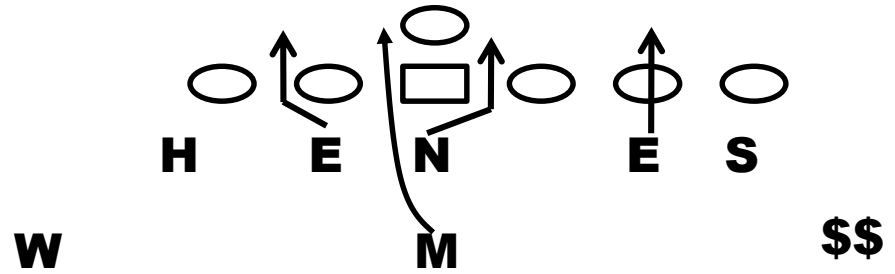
Red Special Double Eagle Fire

TC

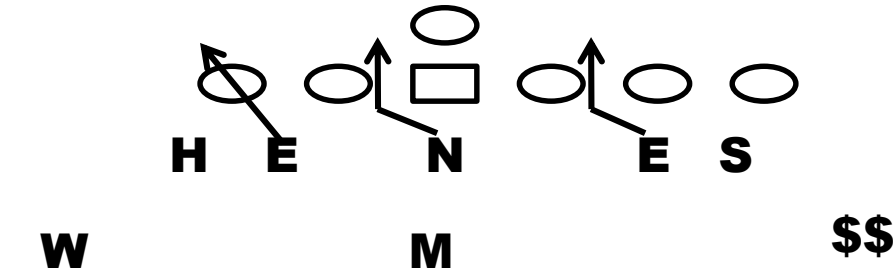


End angle out, Nose angle away from Fire

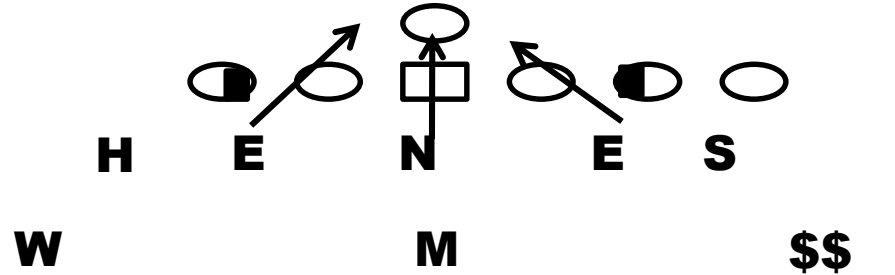
Red Special Eagle Fire



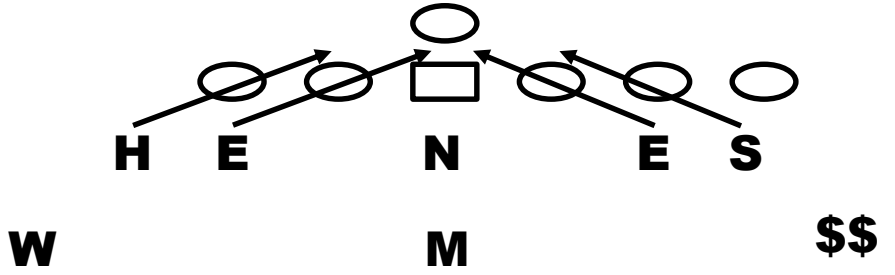
Red Special angle bopper left "okie"



Red Special Notre Dame + Pinch

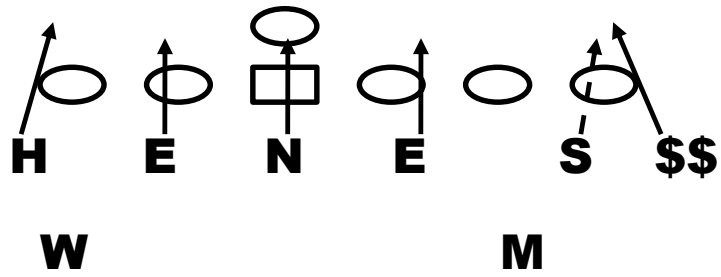


Red Special All pinch



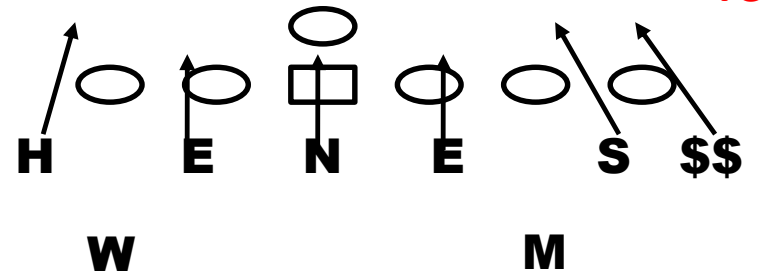
Previous Next

Bear (black)

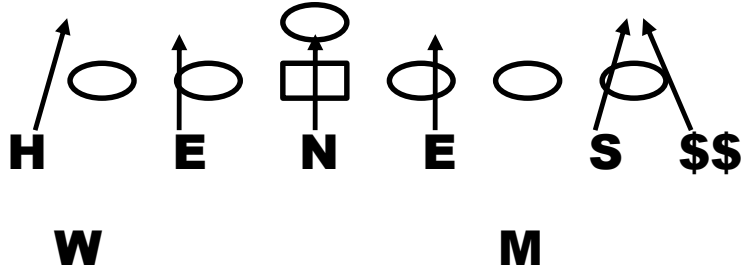


Bear SAM (green)

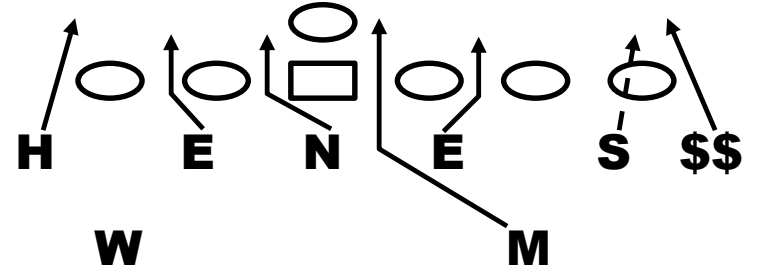
TC



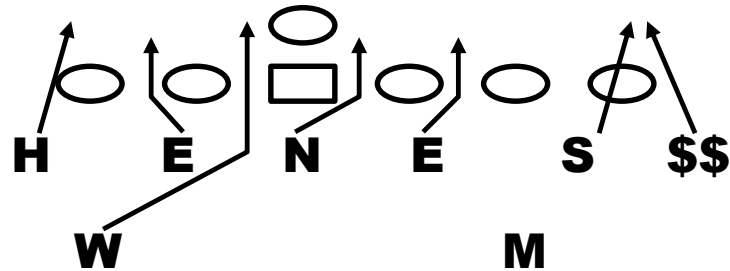
Bear Safety (green)



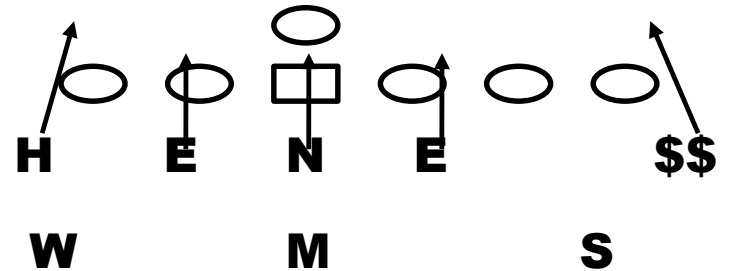
Bear Mike (green)



Bear Will (green)



Bear off (green)/ (black)



43

“Cane” Series

All shade and gaps should be stunted to late

Shades Tech. refers to Tackles, All shade refers to tackles and Ends

Shade Strong- ST- 3, RT- 2i

Shade Weak- RT 3, ST- 2i

Shade In- RT and ST- 2i

Shade Out- RT and ST- 3

Shade field- Tackle to field- 3, tackle to boundary 2i

Shade Boundary- Tackle to Boundary 3, Tackle to field – 2i

Gap refers to the Tackle and All gap to DT/DE

Gap strong- ST- B, RT- A

Gap weak- ST- A, RT- B

Gap in- both tackles A

Gap out- Both tackles B

Field gap- both tackle gap to field

Boundary gap- both tackles gap to Boundary

All stunts can have a gap or shade tag

Angles- involve on the interior tackles not the SE or Hawk unless an “all” call is given

Angle field

Angle out (Tom)

Angle choice (designated tendency)

Angle boundary

Angle strong

Angle In (Tim)

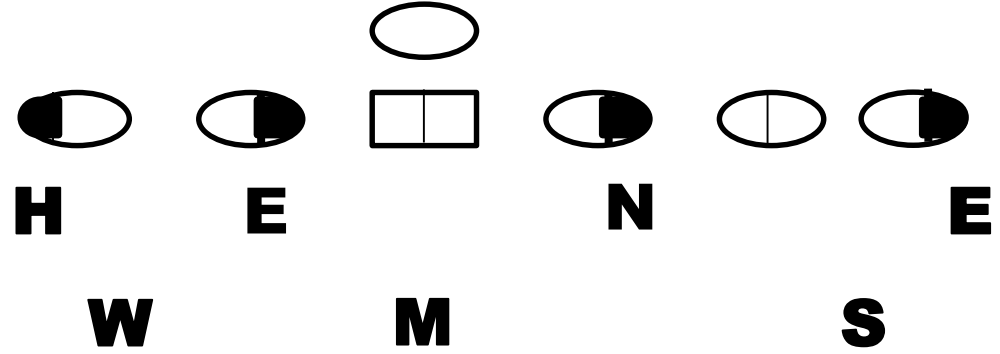
Angle Weak

Option Responsibility- Contain (DE)/H = QB, M- dive to QB, S/W- pitchman

Note: stunts, blitzes, and game plan can change responsibility

Coverage:

- Blue (cover 2)
- Cover 3 variations
- Star (cover 4)
- Green (cover 0)
- Black (cover 1)
- 3 strong



Notes: gap responsibility will depend upon stunt and coverage

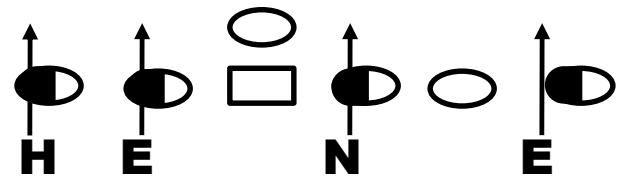
“In” call switch SE and SAM alignments

POS.	Align. And tech	Key	Run Game:		Pass Game:	Adjustments:	
			To:	Away		2 TE's	4 WR's
S	Gap foot c gap	OG triangle	C gap	Hitman	Coverage	Gap foot- c gap	Depends on coverage
S DE	9 tech	TE/T	D gap	Trail	Contain	9 tech.	5 tech.
M	00	OG/ Triangle	A gap	B gap	Coverage	00	Depends on coverage
N	3 tech.	OG/Ball	B gap	Run down	Pass Rush	2 tech.	3 tech.
W	Gap foot	OG/ Triangle	B gap	hitman	Coverage	Gap foot – c gap	Depends on coverage
R DE	2i	Ball/OG	A gap	A gap run down	Pass Rush	2 tech.	2i
H	5 tech	TE/OT triangle	C gap	Trail	Contain	7 tech.	5 tech.

Previous

Next

Cane Under (PR)



W
D-A

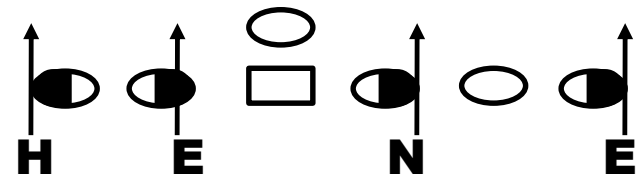
M
A-B

S
D-B

PR call lets our Pass Rushers get up field & read on the run

Cane Over (PR)

TC



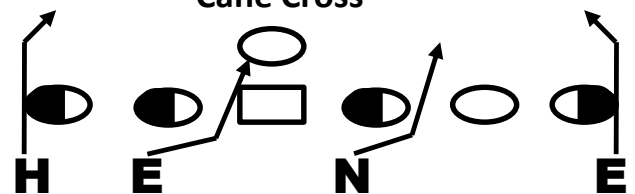
W
D-B

M
A-B

S
C-A

PR call lets our Pass Rushers get up field & read on the run

Cane Cross



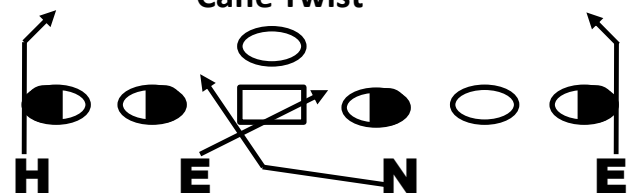
W
D-B

M
A-B

S
C-A

DT use the Rip tech. to go from an under to an over

Cane Twist



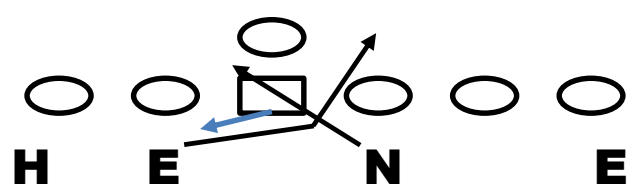
W

M

S

1 use the Read tech. 3 tech. reads off the 2i.

Cane Twister



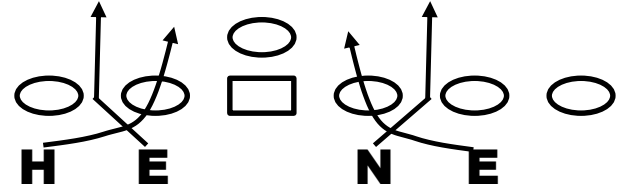
W

M

S

Both 2 techs. Read center- goes away read tech, Center blocks to fit off of read

Cane Tommit



W

M

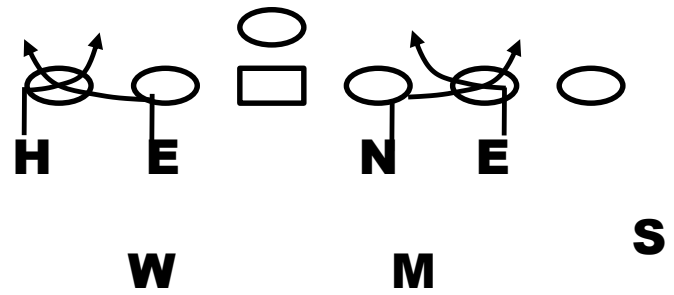
S

Inside rusher run TO PR, Outside Rusher work under their move
Always stunt the sticks

Previous

Next

Cane Edit

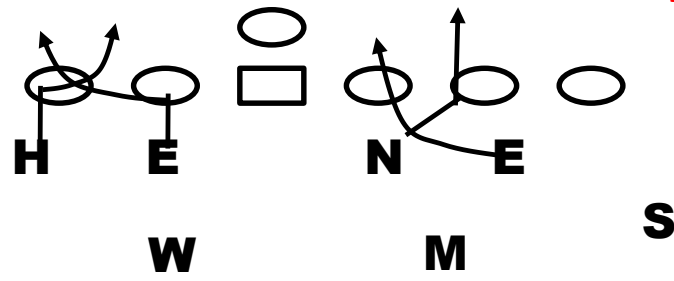


Outside Rushers work up field and under, Inside Rushers work up and out to contain.- Always stunt the sticks

Field

Cane Tornado

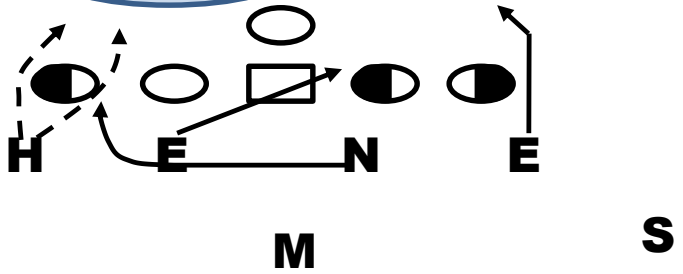
boundary TC



Field Rushers- Edit, Boundary Rushers- Tommit

Texas weak

Texas strong

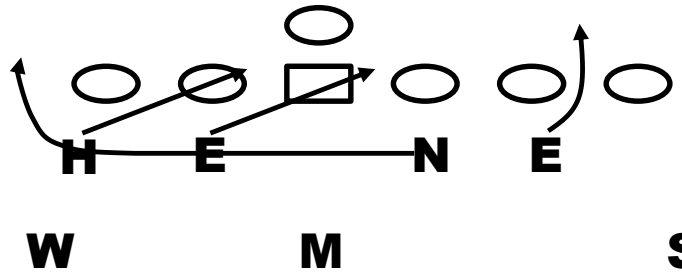


2 tech runs a read stunt off of center, Nose fits off the H, Hawk has a two way go

Field

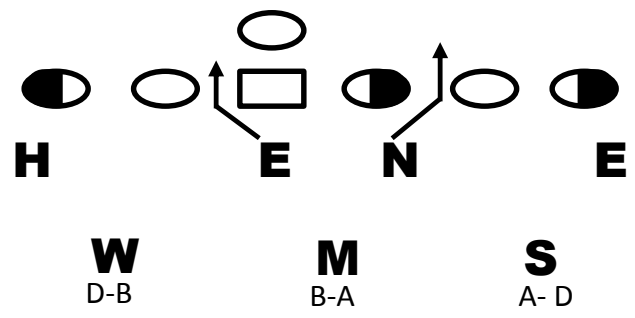
Cane Wrap also Hawk Wrap

boundary



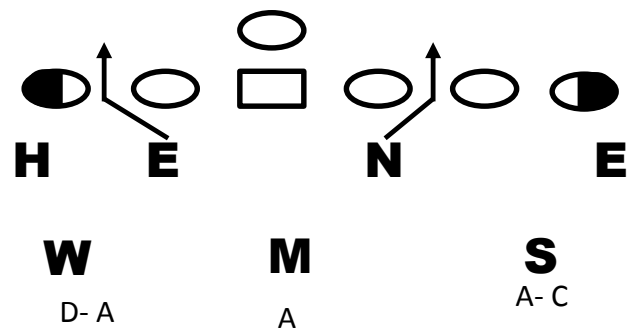
Both Field Rushers run read stunts, Boundary Tackle wraps to contain, boundary end contain

Cane Odd (ODD Fire M fires A gap) (odd arson)



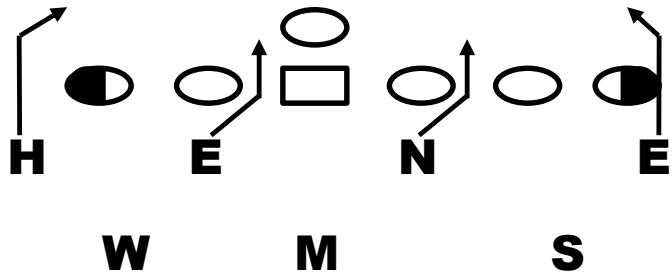
W D-B M B-A S A-D

Cane Tom

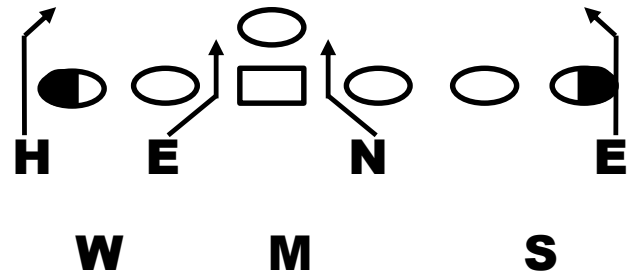


W D-A M A S A-C

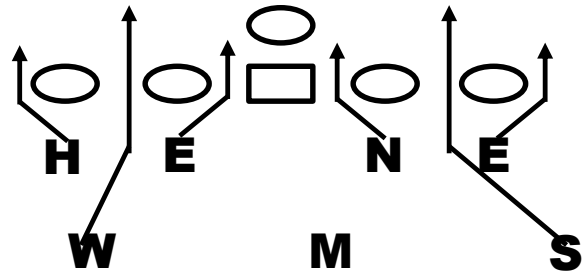
Previous Next Cane Angle



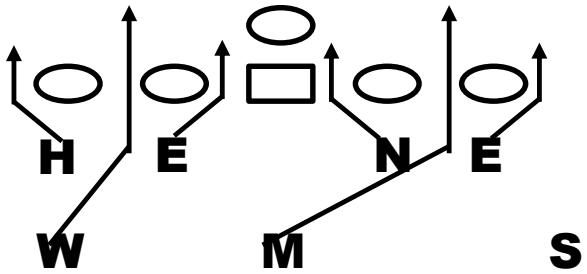
Cane Tim TC



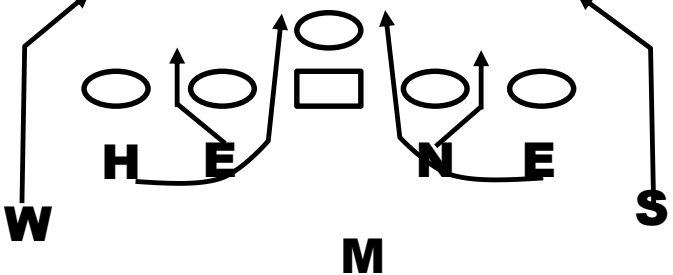
Cane Will and Sam Barrel



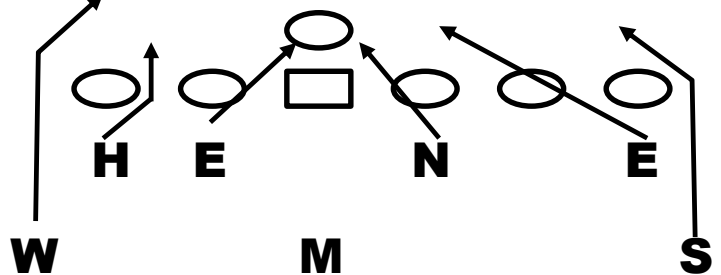
Cane Will and Mike Barrel



Cane Tomit Dog (can tagged)

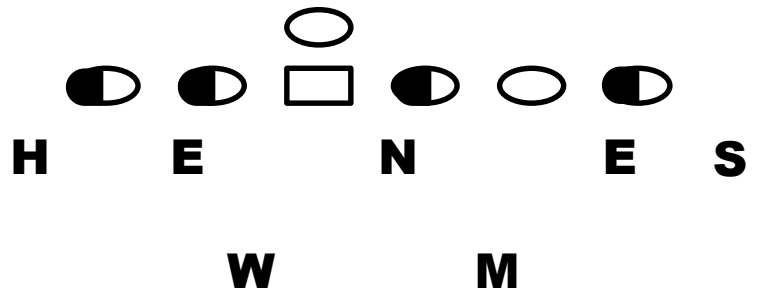


Cane Double Dog (can be tagged)

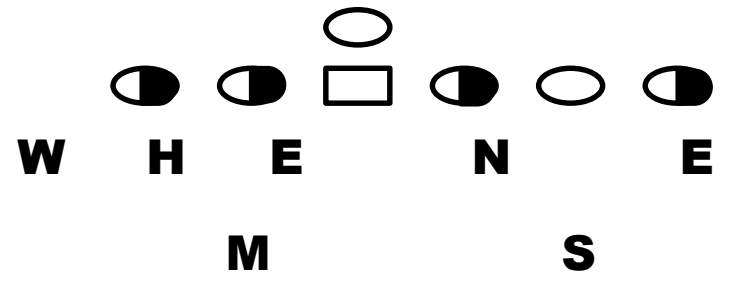


Man covering TE plays C gap first to TE

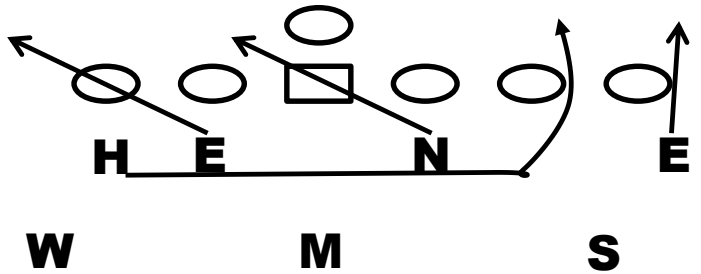
Previous Next Soldier+ stunt



War stunt TC

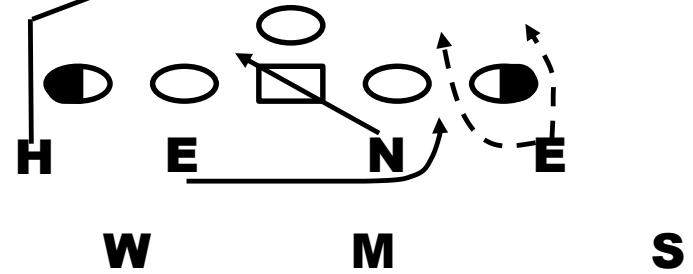


Hawk Wrap

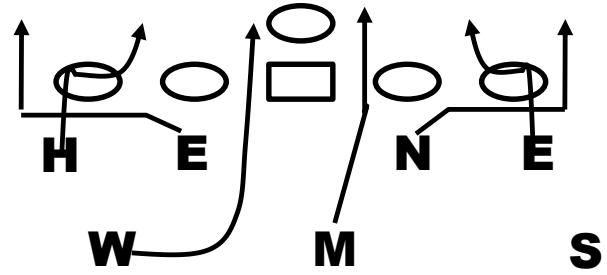


Hawk wrap hit first opening

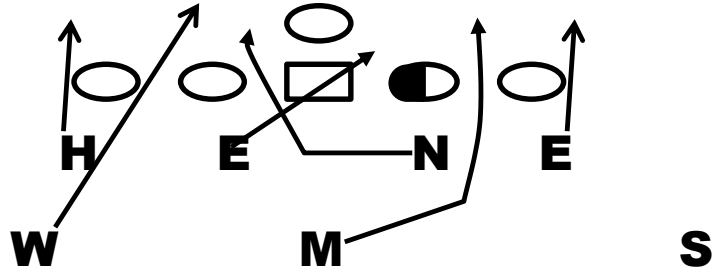
Texas Strong



Edit Arson

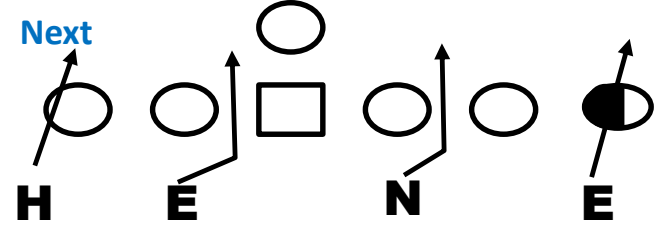


Twist Barrel



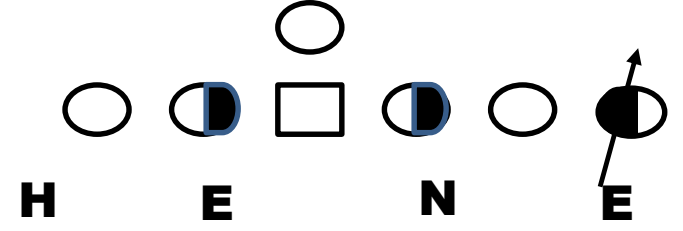
44 Angle right "Okie" (vs dbl tight H- bubble) (All H/SE)

Previous Next



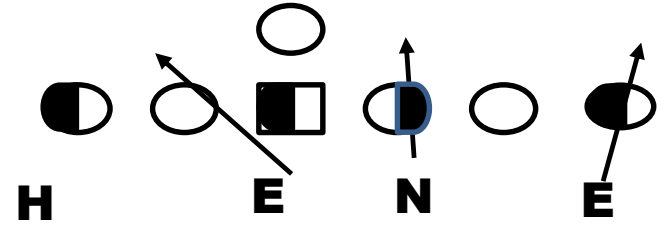
\$\$ **W** **M** **S**
 (30) (20)

44 Shade Left- "cougar" TC



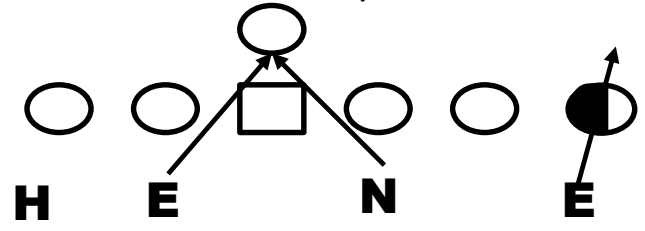
\$\$ **W** **M** **S**
 (30) (20)

Odd



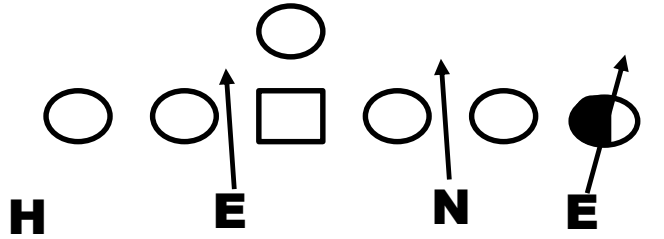
\$\$ **W** **M** **S**
 (30) (20)

Pinch (All pinch includes SE and Hawk)



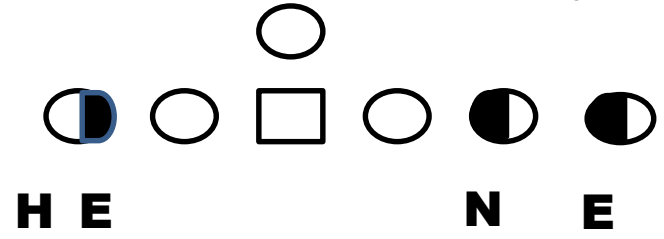
\$\$ **W** **M** **S**
 M/W 20 (Feather to 30 on snap)

Gap Right "Okie"

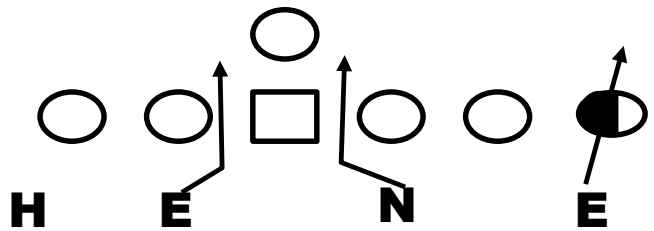


\$\$ **W** **M** **S**
 (30) (20)

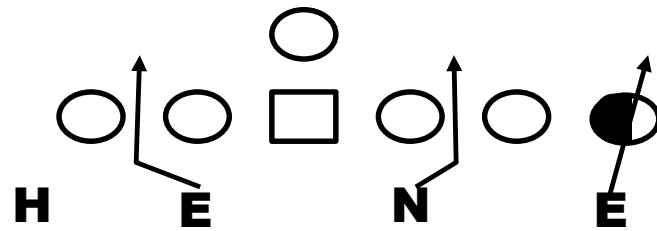
Notre Dame also Notre Dame Pinch (+fires)



\$\$ **W** **M** **S**
 (20i) (20i)

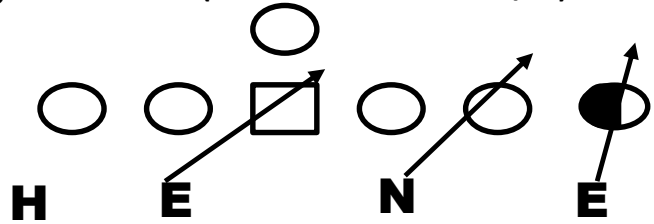


\$\$ W M S
 (30) (30)



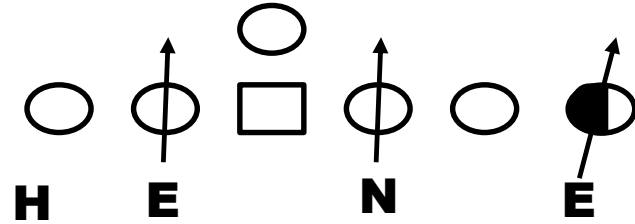
\$\$ W M S
 (20) (20)

Slant Right "Okie" (All slant includes the H/SE)



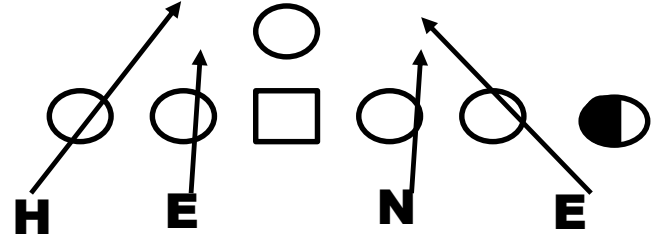
\$\$ W M S
 (30) (20)

Attack



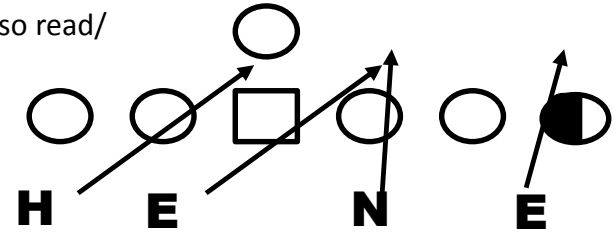
\$\$ W M S
 (20) (20)

Attack End's Crash



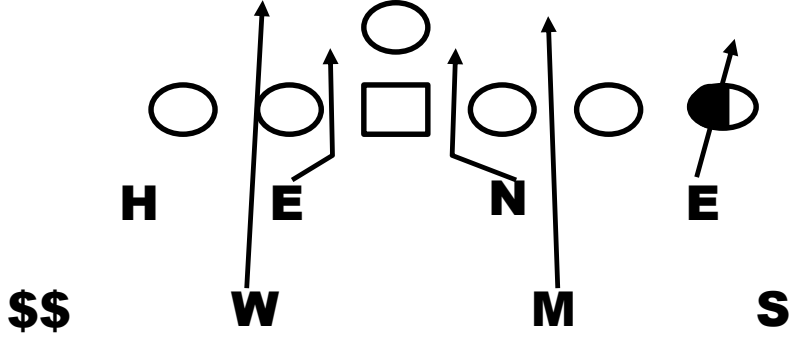
\$\$ W M S

40 Ram (attack by N/SE, Slant by H/E, 40 SLAM= attack H/E, slant by N/SE) also read/

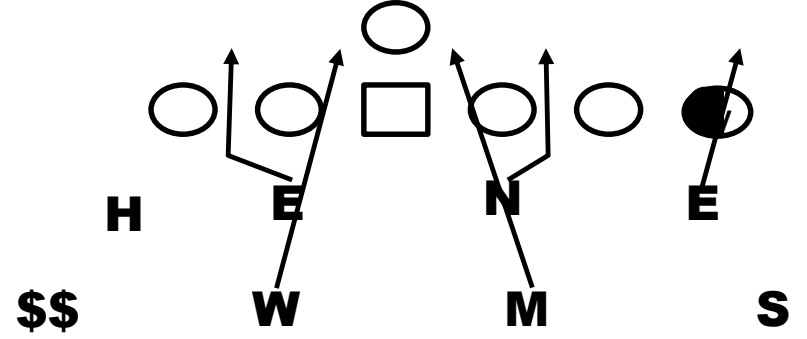


\$\$ W M S
 (20) (30) 70

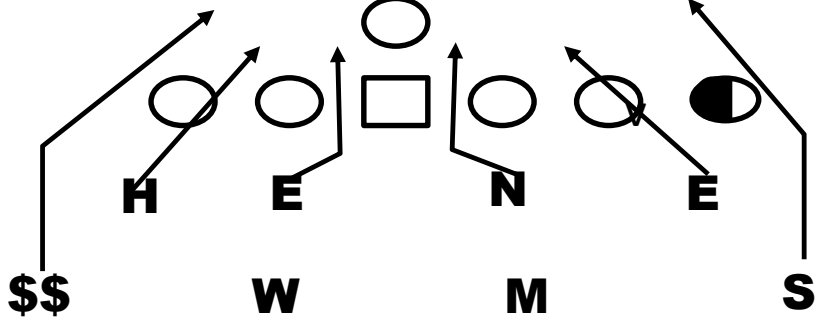
Barrel Fire (can also be tagged M/W barrel (barrel swap))



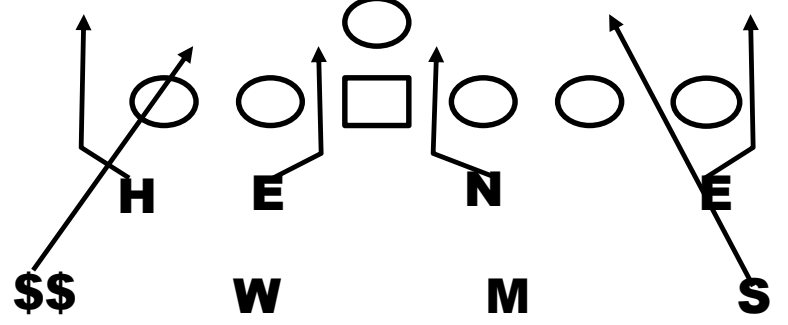
Arson Fire (can also be tagged M/W arson) (arson swap) **TC**



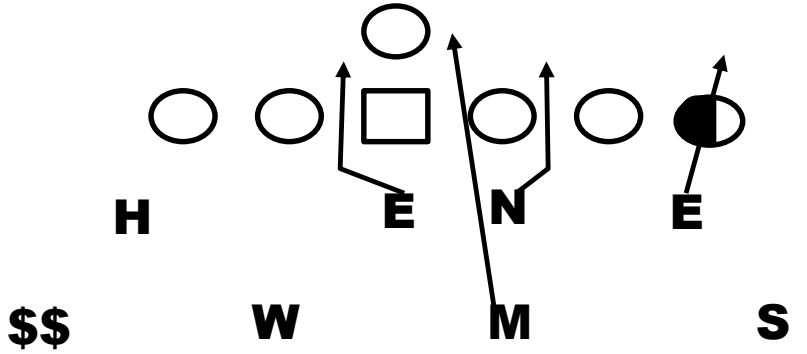
Dog Fire (can also be tagged S/\$\$, M/W drive)



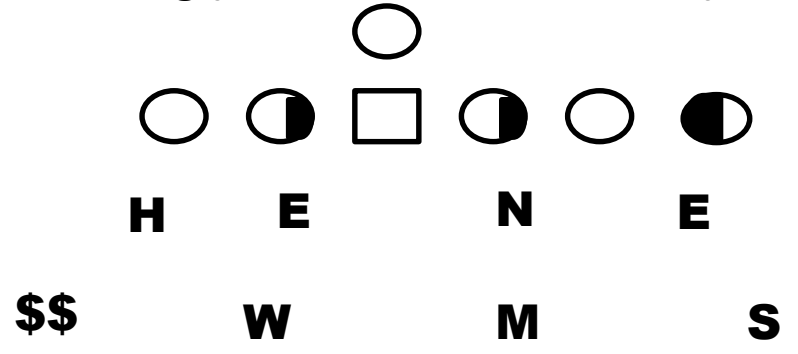
Cannon Fire (can also be tagged \$\$/S/M/W)



Odd Fire (can be tagged M/W)



Shade Strong ("all" over includes hawk)



Zone Blitz Schemes

I. Philosophy

We can run this package in all game situations and everywhere on the field.

We can zone blitz from all of our fronts.

Zone blitzes are effective because they combine the best aspects of aggressive and safe football.

- a. Playing zone coverage not man
- b. Destroys blocking schemes
- c. Run support provided by zone coverage

II. Goals and points of emphasis

1. Disrupt the offense

- a. Make the blocking rules work against themselves
- b. 8 man fronts to stop run
- c. Take away “hot throws”

2. Play great zone defense

- a. Use man to man concepts against certain formations
- b. Play cover 3 and cover 2- don't get beat deep
- c. Collision when possible
- d. Deepest man in zone
- e. Know the sticks
- f. Stay out of “No cover Zone”
- g. Know your responsibility, threat, help

3. Play Run first, pass second

- a. Be in proper run support position, before executing you coverage responsibilities
- b. Read and trust your keys before the snap
- c. Make quick and correct decisions

4. The 2 most important players are the corners

- a. Must control 3 step game
- b. Must be able to play man to man
- c. Must make interceptions
- d. Know where/when your help is
- e. Make plays
- f. Don't get beat deep

III. Game Planning

A. Run Game

- a. Maintain proper run support with proper leverage
- b. **OVERLOAD** at the point of attack
- c. **ISOLATE** a blocker
- d. Affect the **TIMING** of the play
- e. **ATTACK** and **ELIMINATE** the trapping lanes
- f. **CREATE** schemes that produce unblocked defenders

B. Pass Game

We must attack certain protections and maintain deep zone integrity. We will attack protections in the following ways:

- a. **OVERLOAD** a certain area of the protection
- b. **ISOLATE** a specific blocker- find mismatches
- c. **CREATE** missed assignments by exchanging rush lanes
- d. **CREATE** missed assignments by disguising or bluffing pressure
- e. Create assignment errors by dropping a defender and sending a second level player

I. Dropping Lineman

DL always plays run first

A. DE-(one step technique)

- 1. DE take one step up field and attack the offensive player**
- 2. DE will try to get a run pass read in one step**
- 3. VS. run- secure gap**
- 4. VS Pass- drop into coverage using crossover step- he has already pre-read his threats**

B. Nose- (2 step technique)

- 1. Nose two steps up field and attack the OL**
- 2. Nose will try to get a run pass read in those 2 steps**
- 3. VS.- secure Gap**
- 4. VS pass- Drop into coverage**

Coverage Calls

1. **Rock-** puts the play side safety into Deuce coverage- top of numbers
2. **Roll-** puts the play side corner into Deuce coverage- top of numbers
3. **Exit-** puts the play side end into Deuce coverage- top of numbers
4. **Boxer-** puts the nose in the hole (trey)
5. **Shale** – puts the OLB into Deuce coverage- top of numbers
6. **Wolf-** puts the play side ILB in Deuce coverage- top of the numbers
7. **Strike-** puts the SS in the hole
8. **Flash-** puts the FS in the hole
9. **Frisco-** ZB in 43 series- OLB plays #'s controls 2, Safety to that side blitzes

Coverage Checks

1. **“Trey”** call- puts the Deuce player into the Hole- Deuce player becomes a Trey player
2. **“Rock”** call- safe call that makes the safety the Deuce player in order to put the better cover guy against a certain look.
3. Check **“Rock”** also changes 42 shell in Cover 33
4. **“Trigger”** – occurs when we face trips away from our outside blitz series: **“me must re-rock our middle 1/3 player”**

Safety to trips- rocks down

Safety away from trips plays middle third

Trips side #'s player becomes the middle player

Middle player- becomes backside numbers player- he **“Buzz the numbers”**

Coverage 33

**Under Coverage – 3 under- numbers controlling #2, middle controlling #3
3 deep**

We are giving up the flats

50

50



NO Cover Zone

40

40

30

30

Numbers
"Deuce"

Landmark =Top of #'s
Depth 12-15 yds

cover Curl to Flat,
read 2-1-3

Middle
"Trey"

Landmark = middle
depth

Control #3

Depth 12-15 yds

cover middle hooks
and crossers
Read 3-2-1

Numbers
"Deuce"

Landmark =Top of #'s
Depth 12-15 yds

cover Curl to Flat,
read 2-1-3

20

Deep 1/3

Deep 1/3

20

Deep 1/3

Zone Blitz Coverage

Cover 33

I. Deuce Player

1. Deuce Player- Landmark= top of #'s, Zone= Seam/Curl, control 2, read 2-1 also: referred to as an Alley drop
 - a. Must locate #2 pre snap
 - b. Is he "tight" or "Wide" (removed)
 - c. Always top deepest receiver in zone
 - d. Drop 12 to 15 yards to top of numbers
 - e. As we get to Seam/Curl area you are reading #2 to #1
 - f. Always try to collision #2's route, but never disrupt you drop to do it.
 - g. Be aware of crossers- play deepest man in zone
 - h. Read # 2

If # 2 Vertical release- try to collision his route and get underneath his route, eyes on QB- looking for next threat to zone

If #2 releases inside- try to collision and expand to inside top of numbers- eyes on QB looking for next threat to zone

IF # 2 releases outside- drop to inside edge of numbers looking for #1 to come back inside. Always play the deepest man in your zone, jump the shallow route when the ball is thrown.

Zone Blitz Coverage

Cover 33

II. Trey Player- middle /hole player

1. **Trey Player- Landmark= Push to # 3, Zone= Middle control 3, read 3-2-1 also: referred to as a Middle drop**
 - a. **Must locate #3 pre snap and open up and push to #3 on Pass**
 - b. **Trey is very important in running game- must be able to clean up and make tackles**
 - c. **Always top the deepest man in zone- never jump the shallow routes.**
 - d. **Drop 12 to 15 yards to the side of #3**

If # 3 Vertical release- try to collision while you look for the next threat coming into the middle area

If #3 releases inside- try to collision and push backside looking for #2 or #1 entering the middle area

IF # 3 releases outside- expand out looking for #2 or #1 coming back inside

Zone Blitz Coverage

Cover 33

III. Deep outside third player

1. Read through the three step game “Kick-Shuffle-Slide”

When # 2 is tight the corner may press cover.

2. Man to man vs any vertical by number 1

- a. 5 or 7 step game:

- Play the deepest man in zone
- Zone split technique vs. multiple receivers in zone
- Don't get beat deep

- b. Run Game:

- Late force player after ball has crossed the LOS
- Outside- IN leverage or over the top
- **DON'T GET BEAT DEEP!!!!** Don't bite on play action or toss passes

Zone Blitz Coverage

Cover 33

IV. Deep Middle third player

1. Read through the three step game “Hot” throws
 - a. 5 or 7 step game:
 - Play the deepest man in zone
 - Zone split technique vs. multiple receivers in zone
 - Don't get beat deep
 - b. Run Game:
 - Late force player after ball has crossed the LOS
 - Inside – Out leverage or over the top
 - DON'T GET BEAT DEEP!!!! Don't bite on play action or toss passes

Coverage 42 shell

**Under Coverage – 4 under- hash players controlling #2, Flat players
We are giving up the middle- hash players cannot allow any in patterns
2 deep**

50

50



NO Cover Zone

40
Flat

40
Flat

Read 2-1-3

Curl to flat

Back out

30

Hash
Landmark = Hash
Don't expand off
of hash until ball is
thrown

Control #2

Depth 12-15 yds

cover Hook to
Curl, slant
read 2-1

Hash
Landmark = Hash
Don't expand off
of hash until ball is
thrown

Control #2

Depth 12-15 yds

cover Hook to
Curl, slant
read 2-1

Read 2-1-3

Curl to flat

Back out

30

20

1/2

100% pass- read 2-1

20

1/2

100% pass- read 2-1

Zone Blitz Coverage

42 Shell

I. Flat Player (numbers)

1. Must locate #1 prior to snap- Is number 1 “tight” or “wide”
2. Always “Top” deepest man in zone
3. Flat drop- 12-15 yards to top of numbers
4. Try to force #1 back inside while looking for #2 or #3 to come outside
 - a. If #1 releases outside- deny and get hands on- “take the charge” if he gets outside with no hands on- sink quickly 12-15 yards (turkey hole)
 - b. If #1 releases vertical- get hands on and funnel him inside “take the charge” looking for next outside threat
 - c. If # 1 releases inside- get hands on and find the next threat coming outside.

Zone Blitz Coverage

42 Shell

II. Alley Player (Hash)

1. Must locate #3 prior to snap- Is number 3 “tight” or “wide” - if # 3 in backfield locate #2
2. Always “Top” deepest man in zone
3. Drop- 12-15 yards to Hash area
4. Try to deny all inside routes by #2 or #3- but do go out of your way
5. Always top the deepest receiver in the Hash Area
 - a. If #3 releases outside- expand and “wall off” # 2 or #1 from coming inside
 - b. If #3 releases vertical- collision and funnel outside, you must prevent him from going inside
 - c. If # 3 releases inside- try to deny then look for backside crossing routes or back out
6. If the Safeties “Rock” away from you- you are the “lone dove” backside, meaning you must man up any outside patterns from backfield, TE, or crosser- the Corner will not be there.

Zone Blitz Coverage

42 Shell

III. Deep ½ player

1. Align at 13 yards on the inside or outside the hash
2. Weak side- never get outside the hash with one WR.
3. Strong side- try to be inside the hash
4. If number 2 is removed- eyes inside
5. Must be able to get off of hash
6. Don't get beat deep
7. Check "Rock" vs. trips. Safety to trips- Rocks down and plays "Deuce" to that side, The Hash player to trips side now controls number 3, The other safety is hot on #3 and plays middle third

Ram Fire Series

Ram Fire Series- Outside ZB from weak side it is the exact look from other side.

“Rock”- F\$ control strong #2

Black (man free)

“Roll”- Corner controls weak #2

Green (man to man)

“Exit”- DE controls weak #2

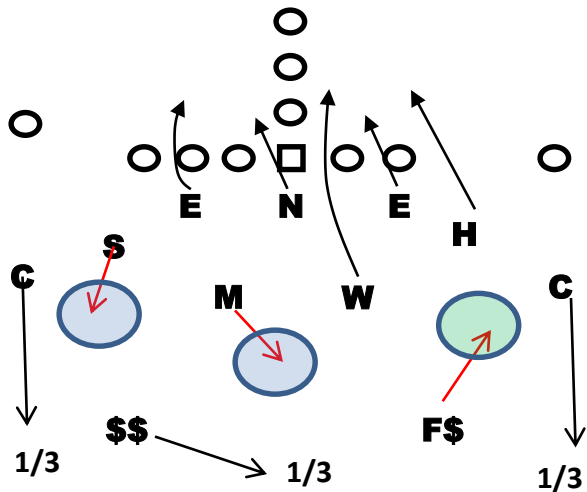
“Wolf”- Will controls weak #2

“Shale”- Hawk controls strong #2

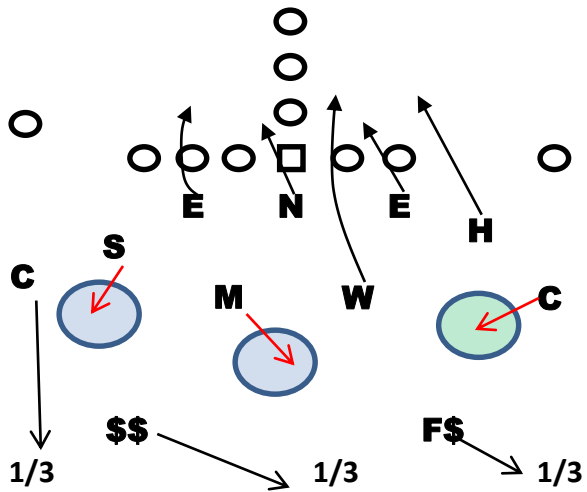
“Cat”- will controls weak #2, corner blitz

“Boxer”- nose controls middle, F\$- controls #2 strong

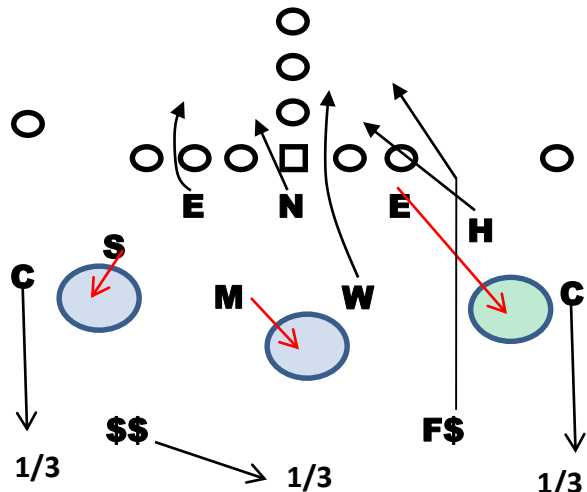
“Rock” - F\$ controls weak side #2



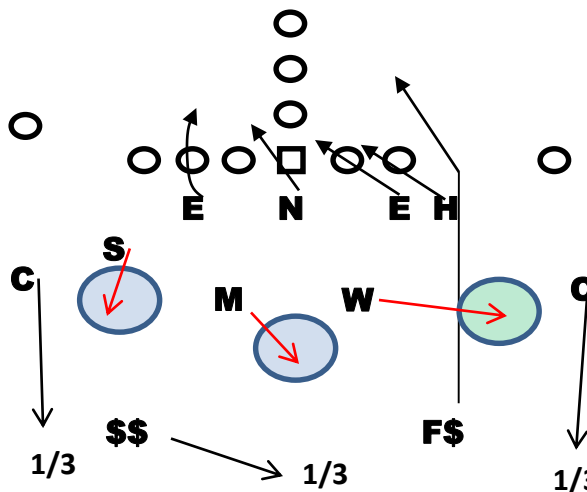
“Roll” - C controls weak side #2



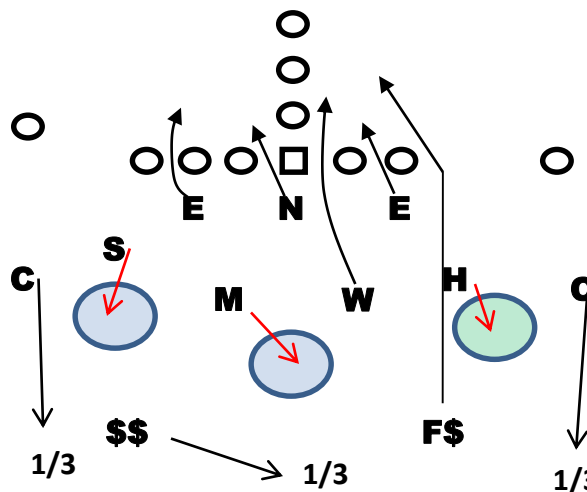
“Exit” - DE controls weak side #2



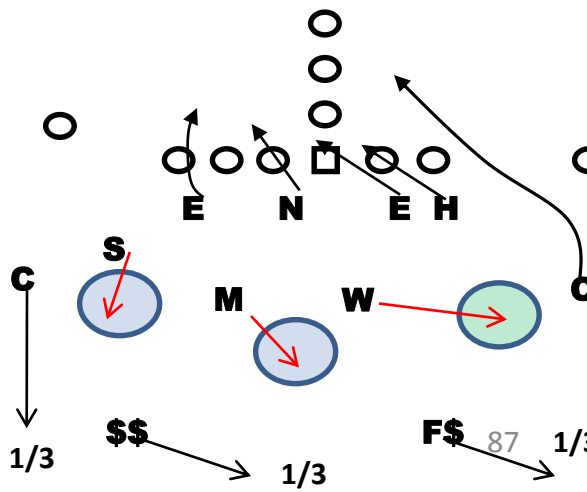
“Wolf” - Will Controls weak side #2



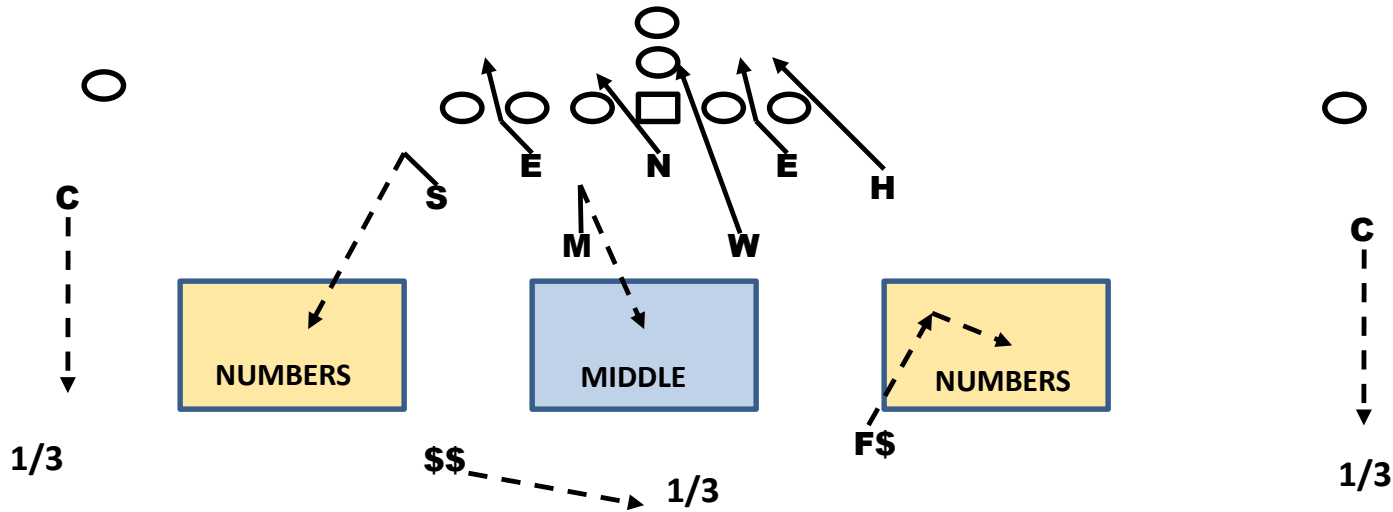
“Shale” - OLB controls weak side #2



“Cat” - Will Controls weak side #2

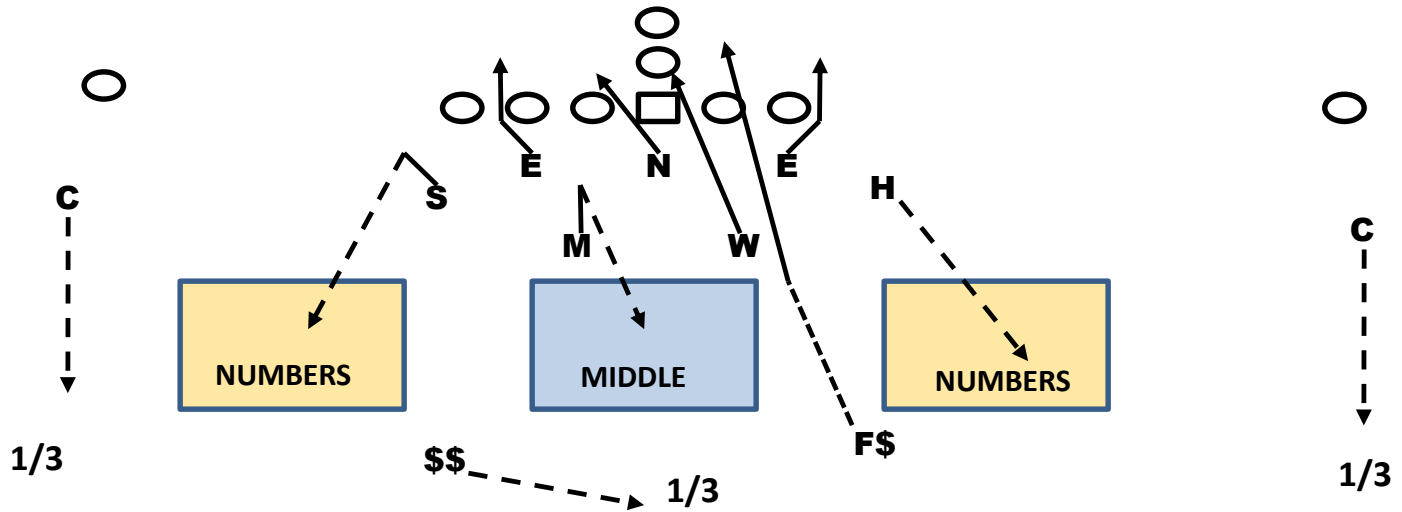


Ram fire - cover Rock

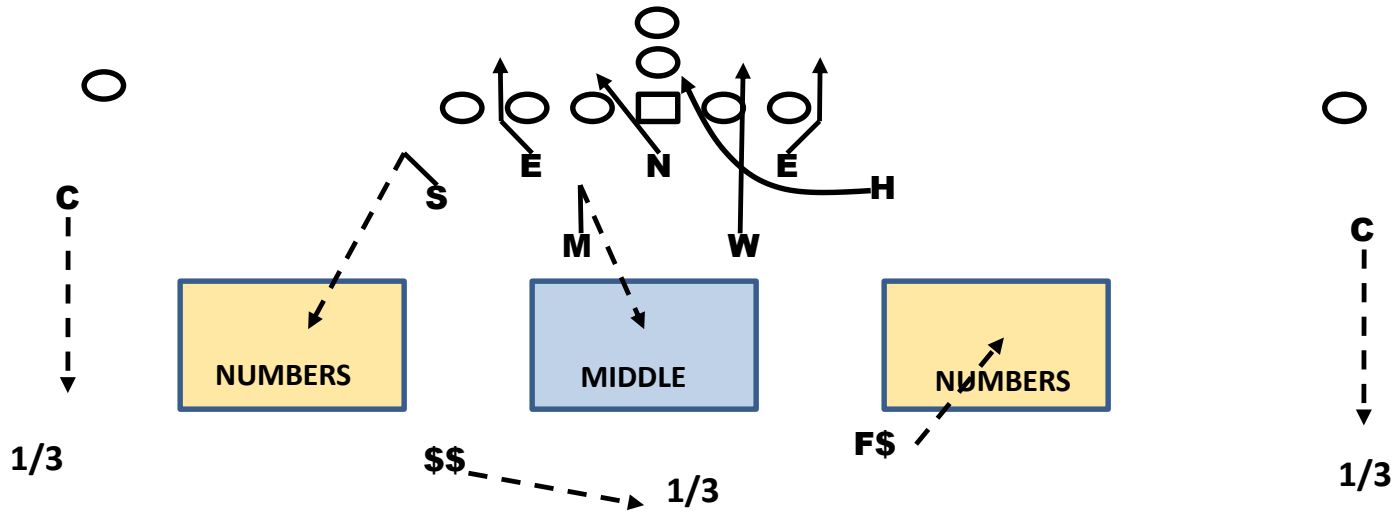


POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	FOOT	D STRG	NUMBERS	Play RUN 1 ST FIND #2
S End	4 TECH	C STRG	CONTAIN	ANCHOR & CONTAIN
Mike	30 TECH	B STRG	MIDDLE	Play RUN 1 ST FIND #3
Nose	0 TECH	A STRG	PR no hands on	Angle
Will	30 TECH	A WK	PASS RUSHER	BLITZ SPACE
W End	4 TECH	B WK	PR no hands on	ANGLE PR- NO HANDS
Hawk	GHOST	C WK	CONTAIN Blitz	BLITZ CONTAIN
SC	SHELL	Late run support	OUTSIDE 3RD	IDENTIFY THREATS
\$ \$	SHELL	Late run support	MIDDLE 3RD	HOT ON #2- BAIL TO 1/3
WC	SHELL	Late run support	OUTSIDE 3RD	IDENTIFY THREATS
F \$	SHELL	D WK	NUMBERS	Play RUN 1 ST FIND #2

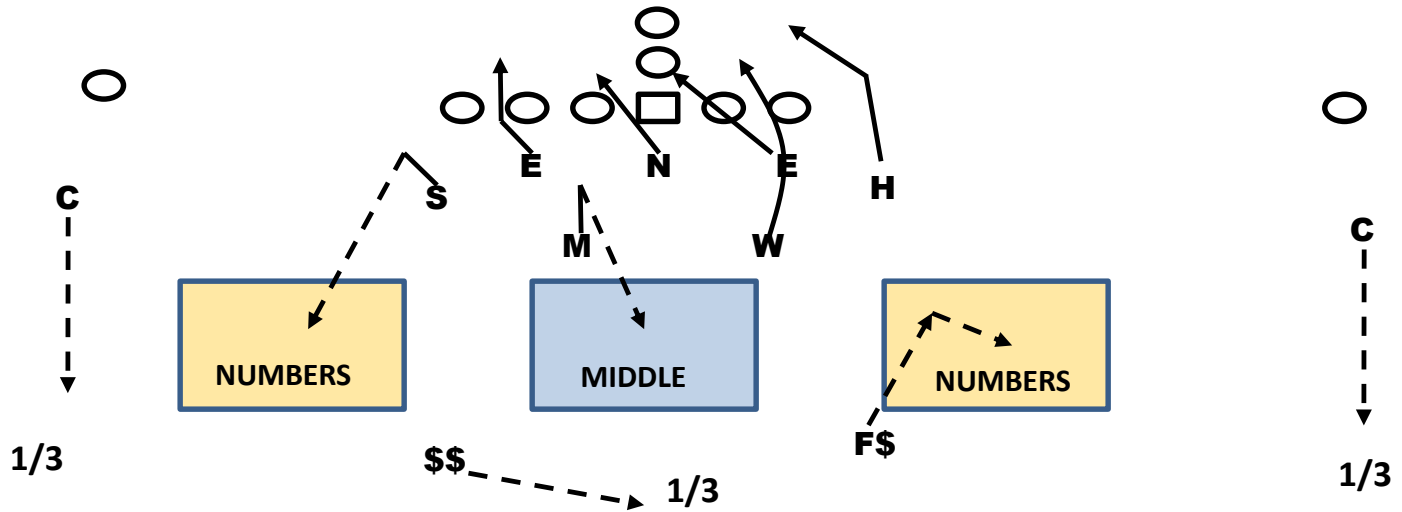
Ram BULL fire- cover Shale



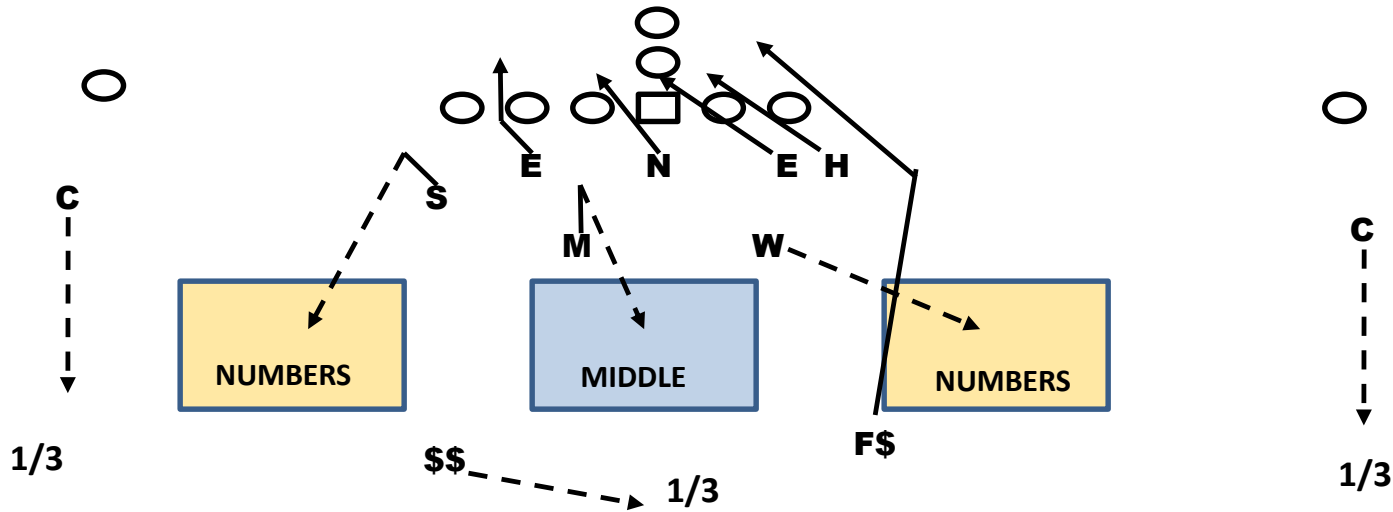
POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	FOOT	D STRG	NUMBERS	Play RUN 1 ST FIND #2
S End	4 TECH	C STRG	CONTAIN	ANCHOR & CONTAIN
Mike	30 TECH	B STRG	MIDDLE	Play RUN 1 ST FIND #3
Nose	0 TECH	A STRG	PR no hands on	Angle
Will	30 TECH	A WK	PASS RUSHER	BLITZ SPACE
W End	4 TECH	C WK	CONTAIN	CONTAIN PR- NO HANDS
Hawk	GHOST	C WK	NUMBERS	PLAY RUN 1 ST - FIND #2
SC	SHELL	Late run support	OUTSIDE 3RD	IDENTIFY THREATS
\$ \$	SHELL	Late run support	MIDDLE 3RD	HOT ON #2- BAIL TO 1/3
WC	SHELL	Late run support	OUTSIDE 3RD	IDENTIFY THREATS
F \$	SHELL	D WK	PASS RUSHER	BLITZ SPACE



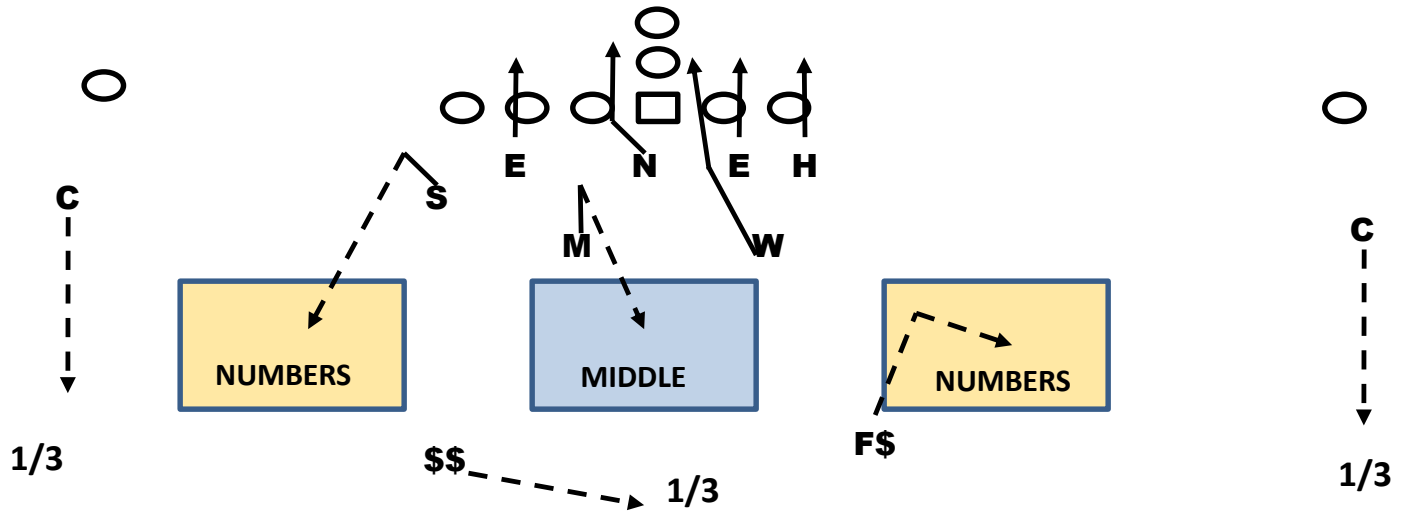
POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	FOOT	D STRG	NUMBERS	Play RUN 1 ST FIND #2
S End	4 TECH	C STRG	CONTAIN	ANCHOR & CONTAIN
Mike	30 TECH	B STRG	MIDDLE	Play RUN 1 ST FIND #3
Nose	0 TECH	A STRG	PR no hands on	Angle
Will	30 TECH	B WK	PASS RUSHER	BLITZ SPACE
W End	4 TECH	C WK	CONTAIN	CONTAIN PR- NO HANDS
Hawk	GHOST	A WK	NUMBERS	Blitz Space
SC	SHELL	Late run support	OUTSIDE 3RD	IDENTIFY THREATS
\$ \$	SHELL	Late run support	MIDDLE 3RD	HOT ON #2- BAIL TO 1/3
WC	SHELL	Late run support	OUTSIDE 3RD	IDENTIFY THREATS
F \$	SHELL	D WK	Numbers	Play Run 1 st - Find #2



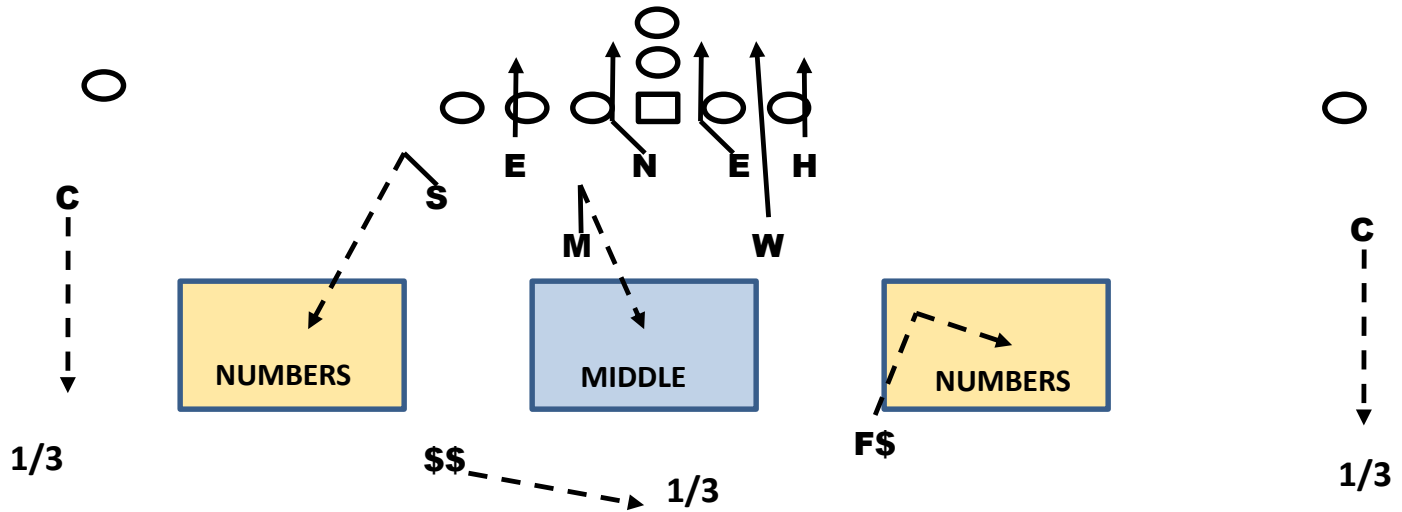
POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	FOOT	D STRG	NUMBERS PLAYER	Play RUN 1 ST FIND #2
S End	4 TECH	C STRG	CONTAIN	ANCHOR & CONTAIN
Mike	30 TECH	B STRG	MIDDLE PLAYER	Play RUN 1 ST FIND #3
Nose	0 TECH	A STRG	PR no hands on	Angle
Will	30 TECH	B OR C WK	PASS RUSHER	BLITZ OFF DE
W End	4 TECH	A TO B WK	PR no hands on	READ TECH.
Hawk	GHOST	C TO D WK	CONTAIN Blitz	BLITZ CONTAIN
SC	SHELL	Late run support	OUTSIDE 3RD	IDENTIFY THREATS
\$ \$	SHELL	Late run support	MIDDLE 3RD	HOT ON #2- BAIL TO 1/3
WC	SHELL	Late run support	OUTSIDE 3RD	IDENTIFY THREATS
F \$	SHELL	D WK	NUMBERS PLAYER	Play RUN 1 ST FIND #2



POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	FOOT	D STRG	NUMBERS PLAYER	Play RUN 1 ST FIND #2
S End	4 TECH	C STRG	CONTAIN	ANCHOR & CONTAIN
Mike	30 TECH	B STRG	MIDDLE PLAYER	Play RUN 1 ST FIND #3
Nose	0 TECH	A STRG	PR no hands on	Angle
Will	30 TECH	A OR D WK "FIT"	NUMBERS PLAYER	Play RUN 1 ST FIND #2
W End	4 TECH	A TO B WK	PR no hands on	READ TECH.
Hawk	GHOST	B TO C WK	PASS RUSHER	READ TECH.
SC	SHELL	Late run support	OUTSIDE 3RD	IDENTIFY THREATS
\$\$	SHELL	Late run support	MIDDLE 3RD	HOT ON #2- BAIL TO 1/3
WC	SHELL	Late run support	OUTSIDE 3RD	IDENTIFY THREATS
F\$	SHELL	D WK	CONTAIN	BLITZ CONTAIN

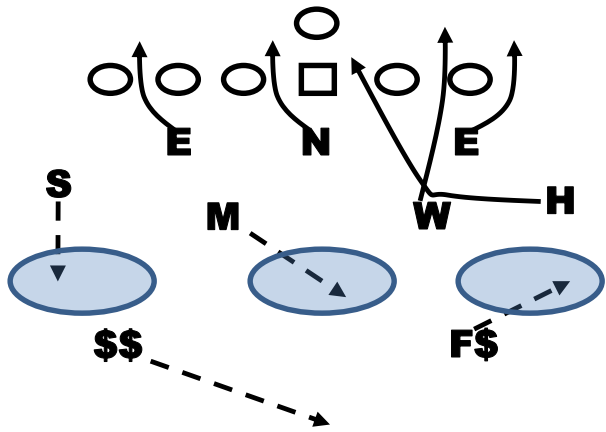


POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	FOOT	D STRG	NUMBERS PLAYER	Play RUN 1 ST FIND #2
S End	5 TECH	C STRG	CONTAIN	ANCHOR & CONTAIN
Mike	30 TECH	B STRG	MIDDLE PLAYER	Play RUN 1 ST FIND #3
Nose	Shade 1 TECH	A STRG	PR no hands on	ANGLE NO HANDS ON
Will	30 TECH	A WK	PASS RUSHER	BLITZ SPACE
W End	3 TECH	B WK	PR no hands on	PASS RUSH NO HANDS ON
Hawk	5 TECH	C WK	CONTAIN	BLITZ CONTAIN
SC	SHELL	Late run support	OUTSIDE 3RD	IDENTIFY THREATS
\$ \$	SHELL	Late run support	MIDDLE 3RD	HOT ON #2- BAIL TO 1/3
WC	SHELL	Late run support	OUTSIDE 3RD	IDENTIFY THREATS
F \$	SHELL	D WK	NUMBERS PLAYER	FIT RUN & FIND #2

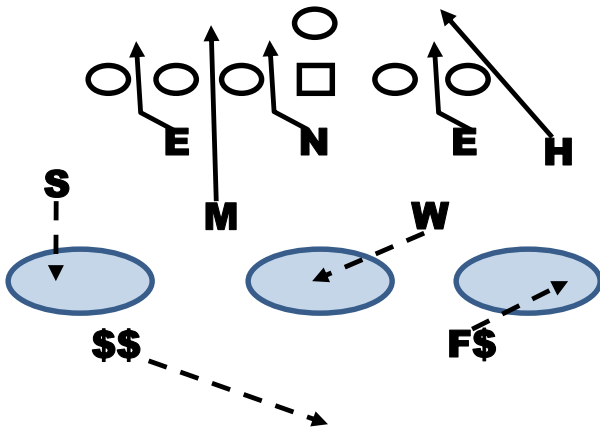


POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	FOOT	D STRG	NUMBERS PLAYER	Play RUN 1 ST FIND #2
S End	5 TECH	C STRG	CONTAIN	ANCHOR & CONTAIN
Mike	30 TECH	B STRG	MIDDLE PLAYER	Play RUN 1 ST FIND #3
Nose	Shade 1 TECH	A STRG	PR no hands on	ANGLE NO HANDS ON
Will	30 TECH	B WK	PASS RUSHER	BLITZ SPACE
W End	3 TECH	A WK	PR no hands on	RIP TECH. NO HANDS ON
Hawk	5 TECH	C WK	CONTAIN	BLITZ CONTAIN
SC	SHELL	Late run support	OUTSIDE 3RD	IDENTIFY THREATS
\$\$	SHELL	Late run support	MIDDLE 3RD	HOT ON #2- BAIL TO 1/3
WC	SHELL	Late run support	OUTSIDE 3RD	IDENTIFY THREATS
F\$	SHELL	D WK	NUMBERS PLAYER	FIT RUN & FIND #2

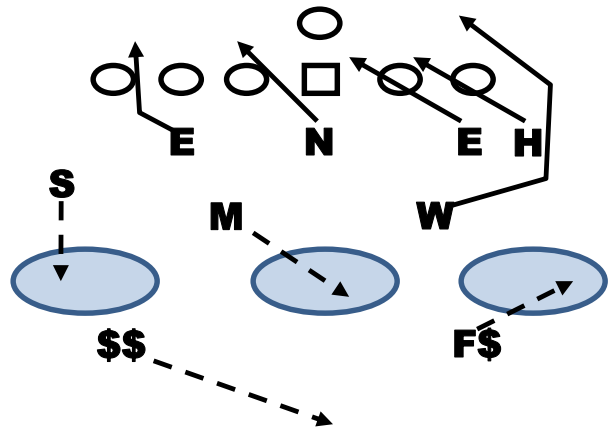
Ram Fire Bux Rock



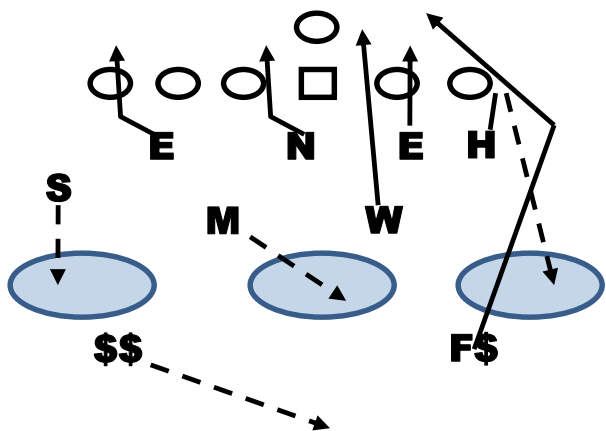
Ram fire Mike Rock



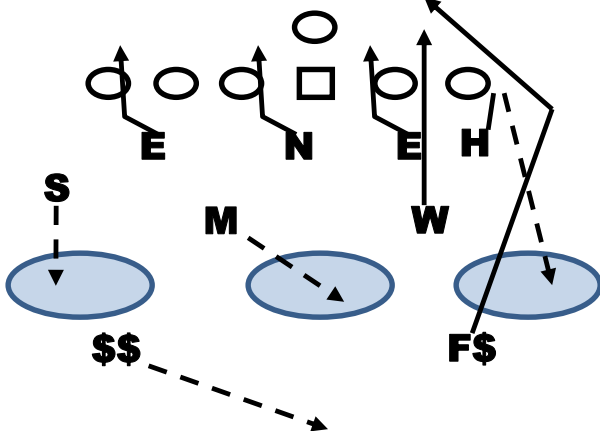
Ram Fire Read Rock



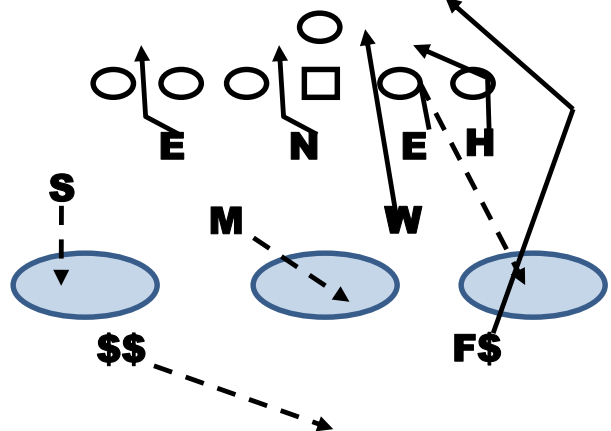
Ram Shade fire Shale (CHECK ROCK VS REMOVED #2)



Ram Shadow fire Shale (CHECK ROCK VS REMOVED #2)



Ram Shade fire Exit (CHECK ROCK VS REMOVED #2)



Ram Fire Series Coverage Adjustments: (if in doubt check "Rock")^{TC}

Pro

Yes: Rock, Wolf, Shale, Roll, Exit

No: Check "Rock"

Spread

Yes: Rock, Shale, Roll, Exit, Wolf unless #2 is a TE.

No: Check "Rock"
Cub shade/shadow- if # 2 is removed

Heavy

Everything gets Check "Trigger"

SS- re rocks and controls #2 strg, **Sam-** controls #3 strg,
M- buzz backside #2 weak, **C's-** outside 1/3,
F\$- middle 1/3

Slot

Yes: Rock, Shale

No: Check "Rock"
Exit, Wolf, Roll, Cub shade/shadow

Dbl slot

Yes: Rock, Shale

No: Check "Rock"
Exit, Wolf, Roll, Cub shade/shadow

Flank

Yes: Rock, Shale, Wolf, Exit, Roll

No: Check "Rock"

Double

Yes: Rock, Wolf, Shale, Roll,

No: Check "Rock"
Exit

Dbl flank

Yes: Rock, Wolf, Shale, Roll

No: Check "Rock"
Exit

Trips

Yes: Rock, Shale,

No: Check "Rock"
Exit, Wolf, Roll, Cub shade/shadow

Slam Fire Series

**Slam Fire Series- Outside ZB from strg side
it is the exact look from other side.**

“Rock”- \$\$ control strong #2

Black (man free)

“Roll”- Corner controls strong #2

Green (man to man)

“Exit”- DE controls strong #2

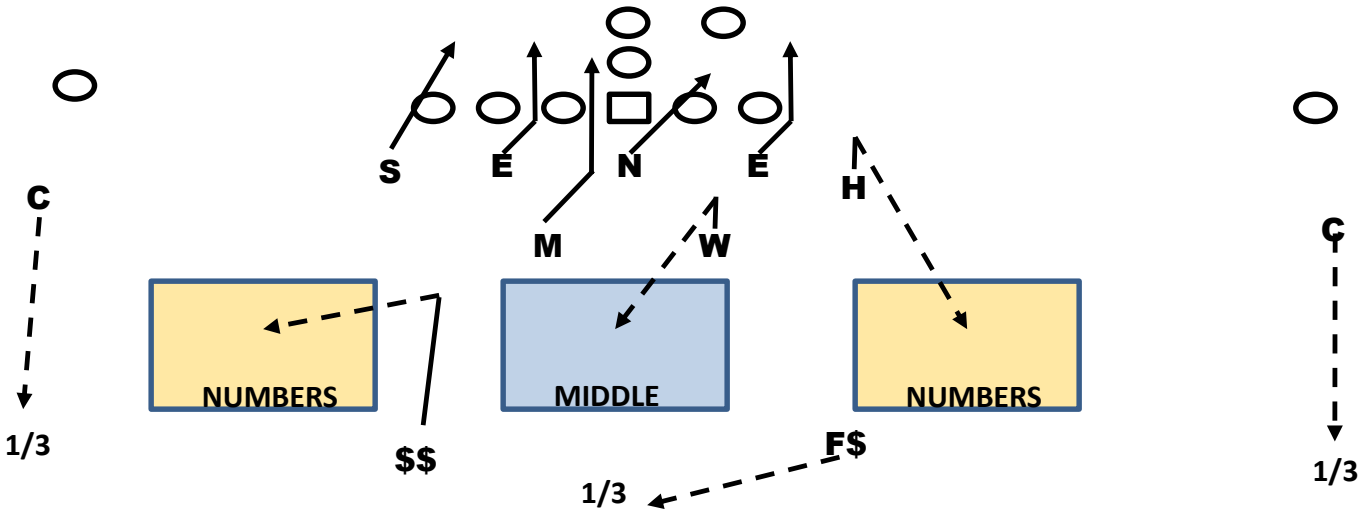
“Wolf”- Mike controls strong #2

“Shale”- Sam controls strong #2

“Cat”- Mike controls strong #2

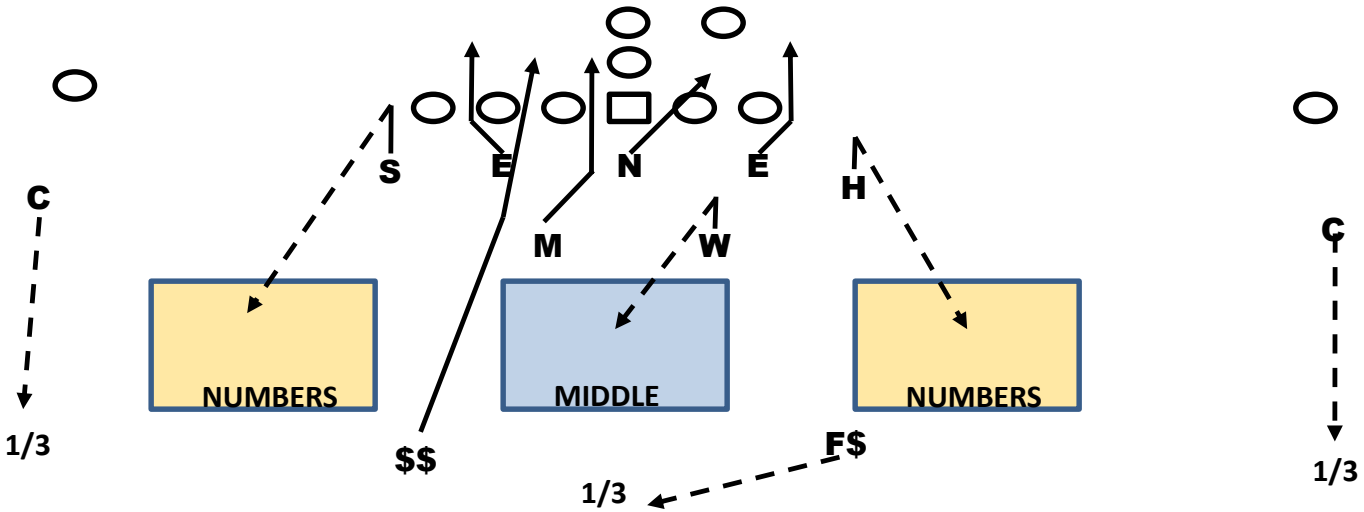
**“Boxer”- nose controls middle, \$\$- controls #2 strong
Black**

Slam Fire- cover Rock

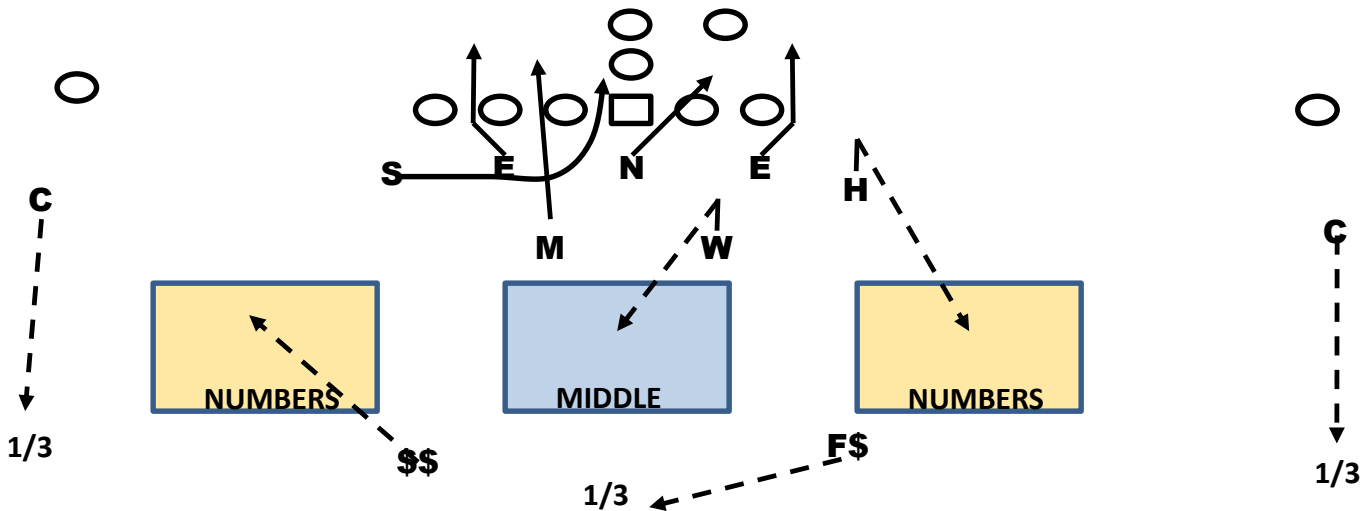


POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	FOOT	D ST	CONTAIN	BLITZ AND CONTAIN
S End	4 TECH	B ST	PASS RUSHER	"PR TEC" NO HANDS
Mike	30 TECH	A ST	PASS RUSHER	BLITZ SPACE
Nose	0 TECH	A WK	PASS RUSHER	Angle
Will	30 TECH	B WK	MIDDLE PLAYER	PLAY RUN FIRST FIND # 3 MIDDLE
W End	4 TECH	C WK	CONTAIN PR	ANCHOR AND CONTAIN
Hawk	GHOST	D WK	NUMBERS PLAYER	PLAY RUN FIRST FIND # 2 NUMBERS
SC	SHELL	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
\$	SHELL	C ST	NUMBERS PLAYER	FIT RUN AND FIND # 2 NUMBERS
WC	SHELL	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
F	SHELL	LATE RUN	MIDDLE 1/3	HELP HOT ON 2 & BAIL MIDDLE 1/3

Slam BULL fire- cover Shale

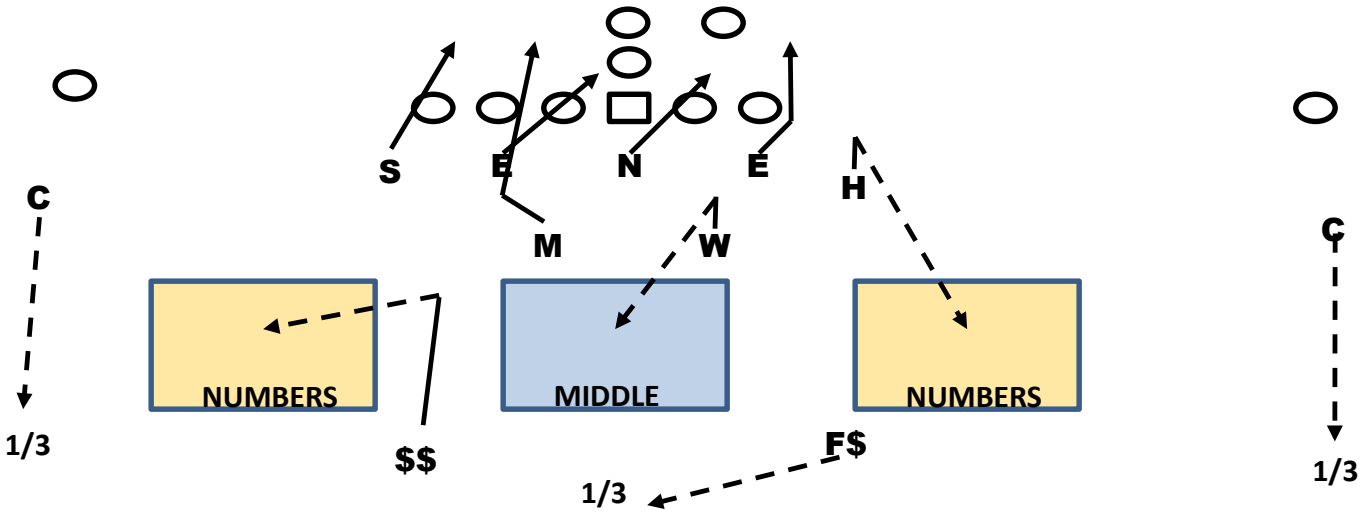


POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	FOOT	D ST	NUMBERS PLAYER	FIT RUN AND FIND # 2 NUMBERS
S End	4 TECH	C ST	CONTAIN	ATTACK TE CONTAIN
Mike	30 TECH	A ST	PASS RUSHER	BLITZ SPACE
Nose	0 TECH	A WK	PASS RUSHER	Angle
Will	30 TECH	B WK	MIDDLE PLAYER	PLAY RUN FIRST FIND # 3 MIDDLE
W End	4 TECH	C WK	CONTAIN PR	ANCHOR AND CONTAIN
Hawk	GHOST	D WK	NUMBERS PLAYER	PLAY RUN FIRST FIND # 2 NUMBERS
SC	SHELL	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
\$§	SHELL	B ST	PASS RUSHER	BLITZ SPACE
WC	SHELL	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
F§	SHELL	LATE RUN	MIDDLE 1/3	HELP HOT ON 2 & BAIL MIDDLE 1/3

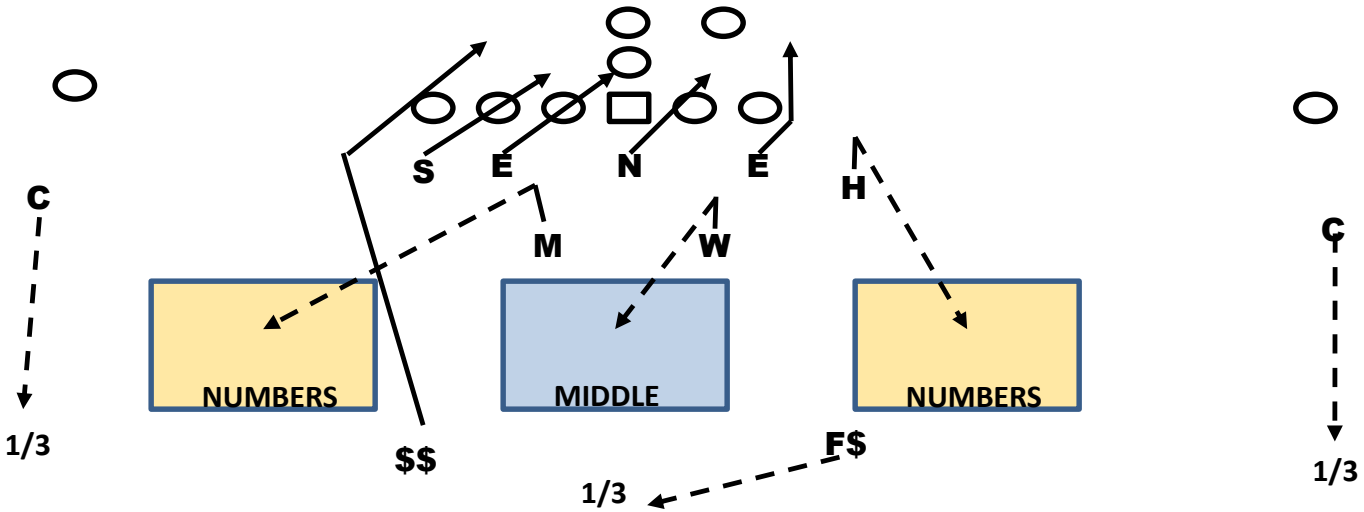


POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	FOOT	A ST	NUMBERS PLAYER	Blitz space – 2 nd through
S End	4 TECH	C ST	CONTAIN	ATTACK TE CONTAIN
Mike	30 TECH	B ST	PASS RUSHER	BLITZ SPACE- 1 st through
Nose	0 TECH	A WK	PASS RUSHER	Angle
Will	30 TECH	B WK	MIDDLE PLAYER	PLAY RUN FIRST FIND # 3 MIDDLE
W End	4 TECH	C WK	CONTAIN PR	ANCHOR AND CONTAIN
Hawk	GHOST	D WK	NUMBERS PLAYER	PLAY RUN FIRST FIND # 2 NUMBERS
SC	SHELL	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
\$\$	SHELL	D ST	PASS RUSHER	Fit Run and find #2 numbers
WC	SHELL	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
F\$	SHELL	LATE RUN	MIDDLE 1/3	HELP HOT ON 2 & BAIL MIDDLE 1/3

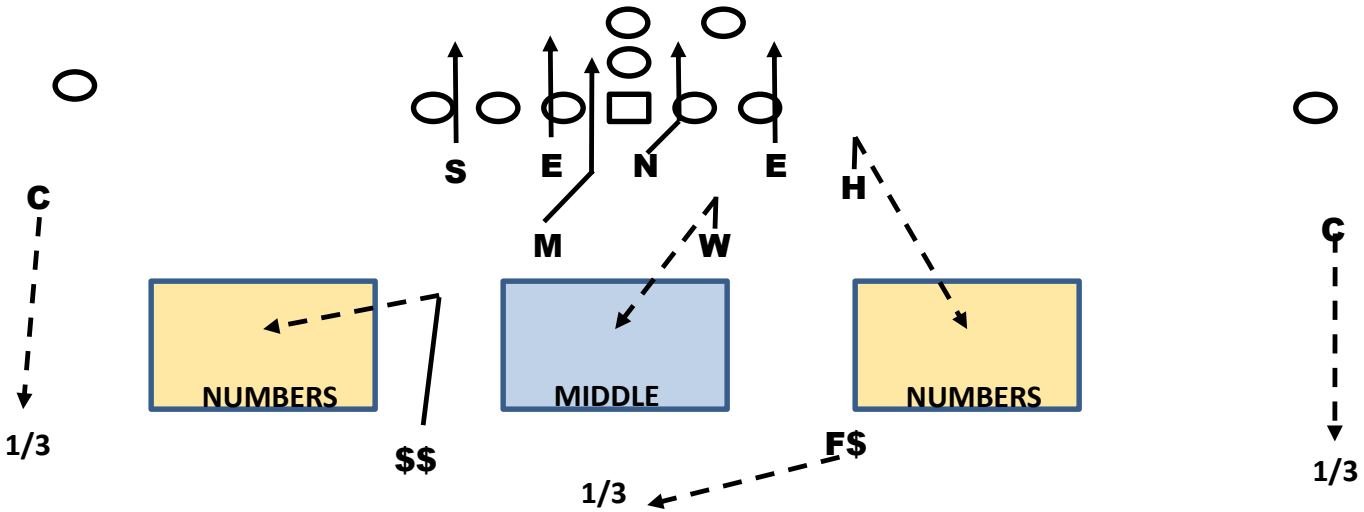
Slam TUG fire- cover Rock



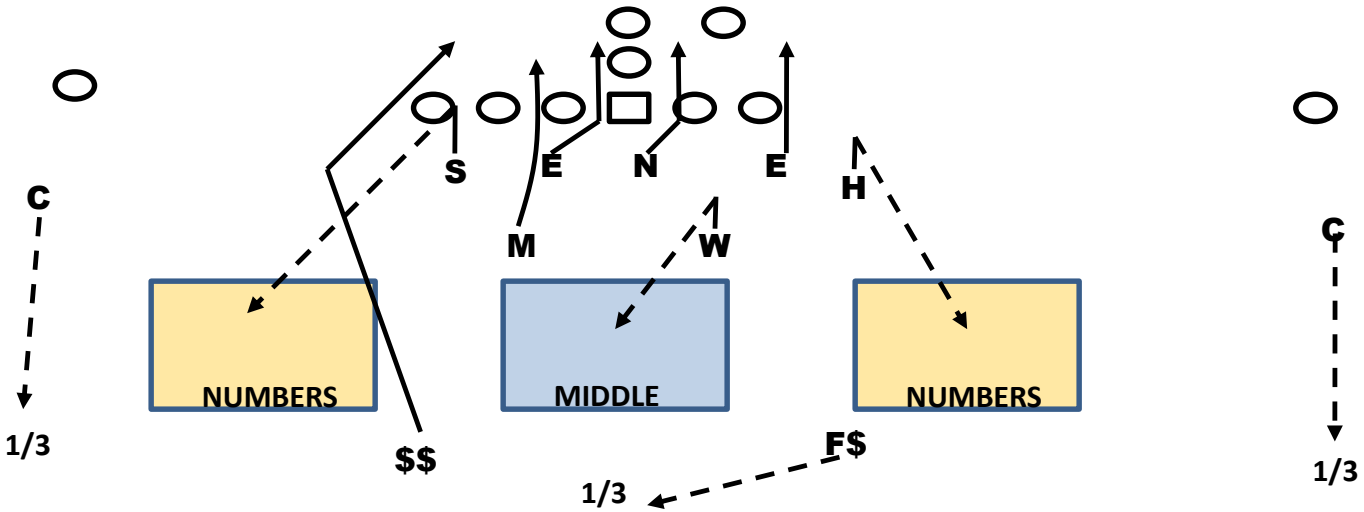
POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	FOOT	D ST	CONTAIN	BLITZ AND CONTAIN
S End	4 TECH	B TO A ST	PASS RUSHER	READ STUNT
Mike	30 TECH	C TO B ST	PASS RUSHER	BLITZ OFF OF ST END
Nose	0 TECH	A WK	PASS RUSHER	Angle
Will	30 TECH	B WK	MIDDLE PLAYER	PLAY RUN FIRST FIND # 3 MIDDLE
W End	4 TECH	C WK	CONTAIN PR	ANCHOR AND CONTAIN
Hawk	GHOST	D WK	NUMBERS PLAYER	PLAY RUN FIRST FIND # 2 NUMBERS
SC	SHELL	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
\$\$	SHELL	C ST	NUMBERS PLAYER	FIT RUN AND FIND # 2 NUMBERS
WC	SHELL	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
F\$	SHELL	LATE RUN	MIDDLE 1/3	HELP HOT ON 2 & BAIL MIDDLE 1/3



POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	6 TECH	C TO B ST	PASS RUSHER	READ STUNT
S End	4 TECH	B TO A ST	PASS RUSHER	READ STUNT
Mike	30 TECH	A TO D ST	NUMBERS PLAYER	FIT RUN & FIND #2 NUMBERS
Nose	0 TECH	A WK	PASS RUSHER	Angle
Will	30 TECH	B WK	MIDDLE PLAYER	PLAY RUN FIRST FIND # 3 MIDDLE
W End	4 TECH	C WK	CONTAIN PR	ANCHOR AND CONTAIN
Hawk	GHOST	D WK	NUMBERS PLAYER	PLAY RUN FIRST FIND # 2 NUMBERS
SC	SHELL	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
\$\$	SHELL	D ST	CONTAIN	BLITZ CONTAIN
WC	SHELL	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
F\$	SHELL	LATE RUN	MIDDLE 1/3	HELP HOT ON 2 & BAIL MIDDLE 1/3

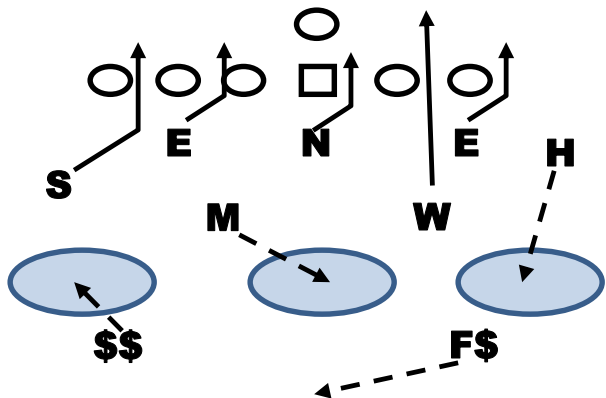


POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	7 TECH	C ST	CONTAIN	BLITZ AND CONTAIN
S End	3 TECH	B ST	PASS RUSHER	"PR TEC" NO HANDS
Mike	30 TECH	A ST	PASS RUSHER	BLITZ SPACE
Nose	Shade 1 TECH	A WK	PASS RUSHER	Angle
Will	30 TECH	B WK	MIDDLE PLAYER	PLAY RUN FIRST FIND # 3 MIDDLE
W End	5 TECH	C WK	CONTAIN PR	ANCHOR AND CONTAIN
Hawk	OFF	D WK	NUMBERS PLAYER	PLAY RUN FIRST FIND # 2 NUMBERS
SC	SHELL	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
\$	SHELL	D ST	NUMBERS PLAYER	FIT RUN AND FIND # 2 NUMBERS
WC	SHELL	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
F	SHELL	LATE RUN	MIDDLE 1/3	HELP HOT ON 2 & BAIL MIDDLE 1/3

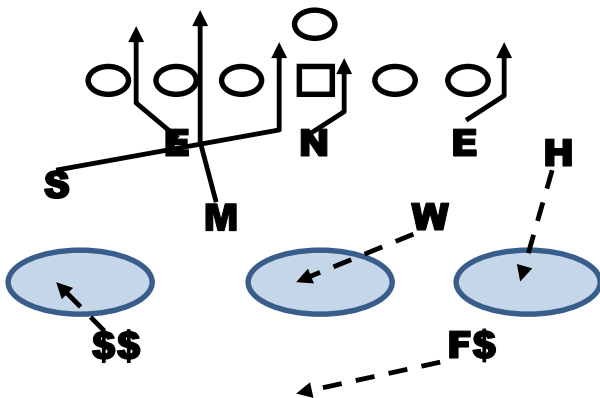


POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	7 TECH	C ST	NUMBERS PLAYER	FIT RUN AND FIND # 2 NUMBERS
S End	3 TECH	A ST	PASS RUSHER	RIP TEC
Mike	30 TECH OR 40I	B ST	PASS RUSHER	BLITZ SPACE
Nose	Shade 1 TECH	A WK	PASS RUSHER	Angle
Will	30 TECH	B WK	MIDDLE PLAYER	PLAY RUN FIRST FIND # 3 MIDDLE
W End	5 TECH	C WK	CONTAIN PR	ANCHOR AND CONTAIN
Hawk	OFF	D WK	NUMBERS PLAYER	PLAY RUN FIRST FIND # 2 NUMBERS
SC	SHELL	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
\$\$	SHELL	D ST	CONTAIN	BLITZ CONTAIN
WC	SHELL	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
F\$	SHELL	LATE RUN	MIDDLE 1/3	HELP HOT ON 2 & BAIL MIDDLE 1/3

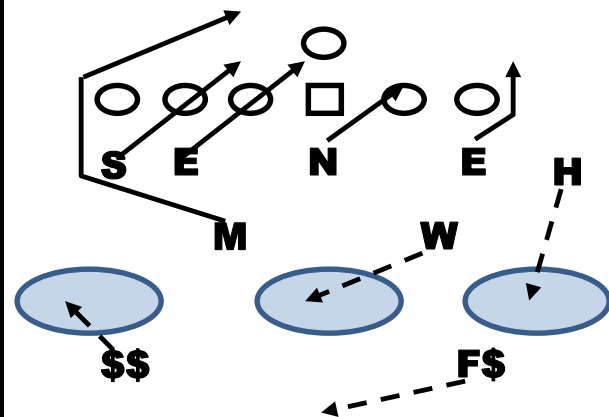
Slam Will Fire Rock



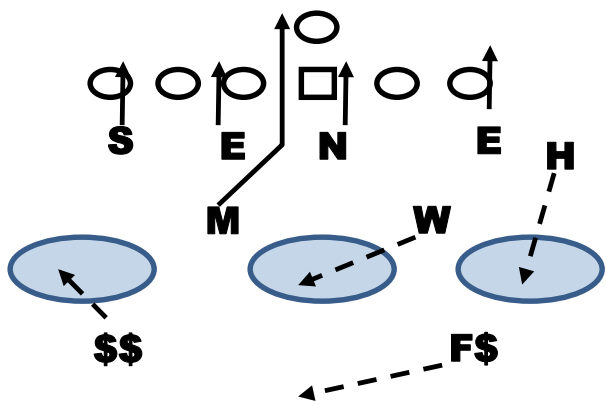
Slam Bux Fire Rock



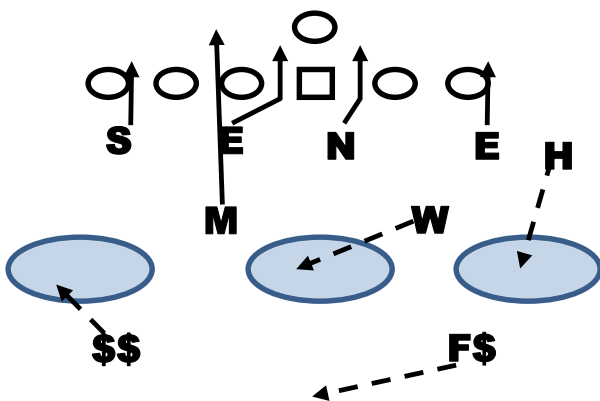
Slam Read Fire Rock



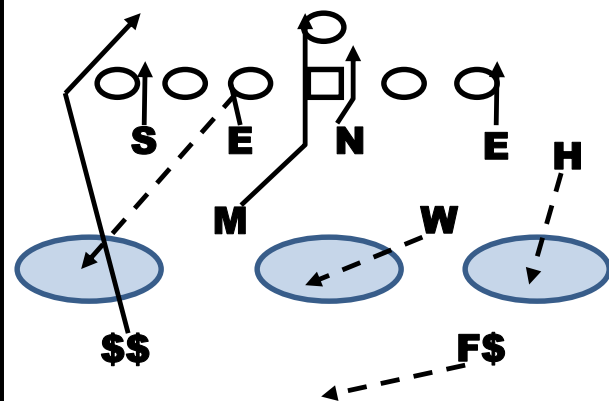
Slam Shade Fire Rock



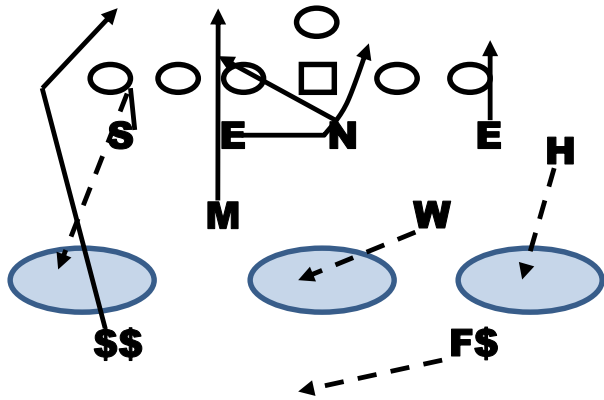
Slam Shadow Fire Rock



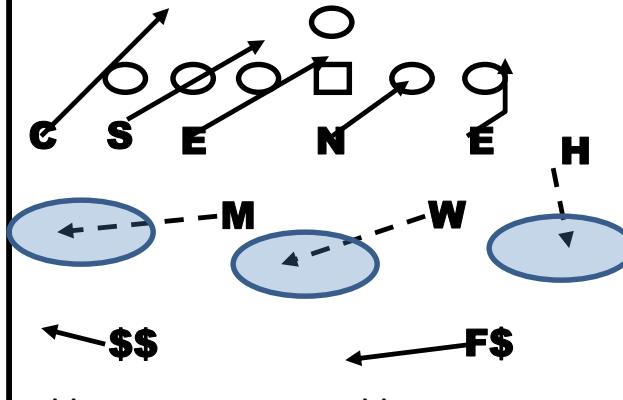
Slam Shade Fire Exit



Slam Shade Fire Twist Shale

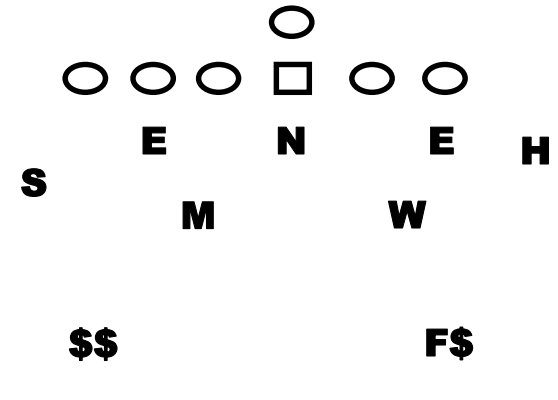


Slam Read Fire cat

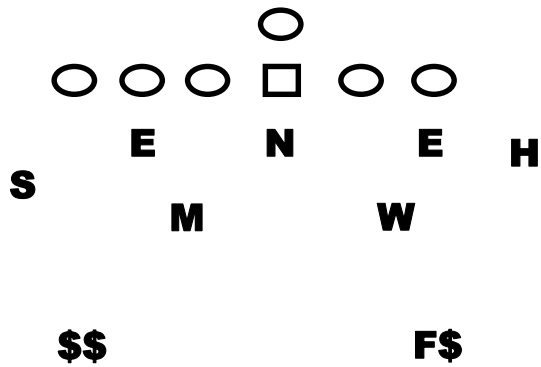


\$\$ and C show late- \$\$ will rotate down to where corner would normally align to take away - hitch

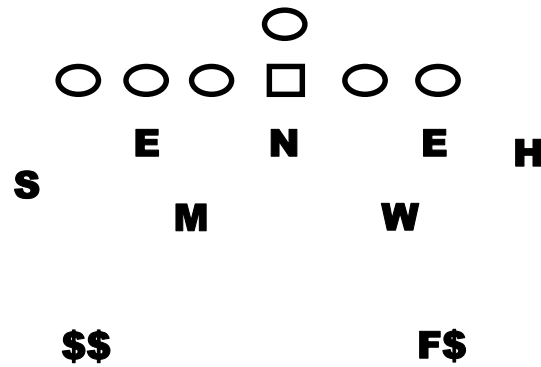
Slam Fire



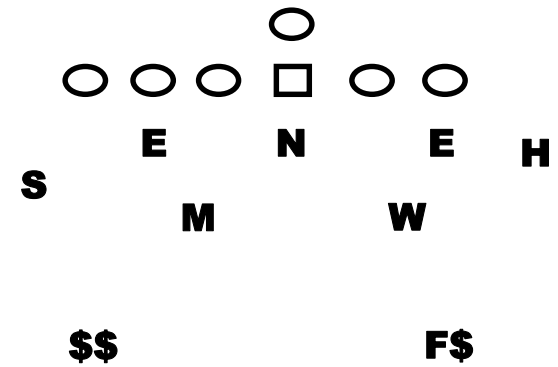
Slam Fire



Slam Fire



Slam Fire



Slam Fire Series Coverage Adjustments: (When in doubt check "Rock")

TC

Pro

Yes: Rock, Shale, Roll, Exit
Wolf vs a tight #2

No: Check "Rock"
Exit if in a reduced front

Spread

Yes: Rock, Shale, Roll, Exit

No: Check "Rock"
Exit if in a reduced front

Heavy

Yes: Rock, Shale

No: Check "Rock"
Wolf, Roll, Exit

Slot

Yes: Rock, Shale, Roll, Exit, Wolf

No: Check "Rock"

Double slot

Yes: Rock, Shale

No: Check "Rock"
Wolf, Roll, Exit

Flank

Yes: Rock, Shale, Exit, Roll, Wolf

No: Check "Rock"

Slot-open

Yes: Rock, Shale,

No: Check "Rock"
Exit, Wolf Roll

Dbl flank

Yes: Rock, Shale, Wolf, Roll, Exit

No: Check "Rock"
Exit of in a reduced front

trips

FS- re rocks and controls #2 strg, Hawk- controls #3 strg, W - buzz backside #2 weak, C's- outside 1/3, \$\$- middle 1/3

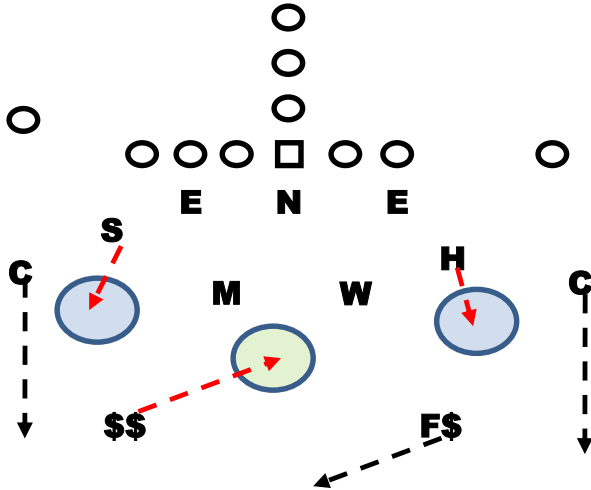
Mace Fire Series

Mace Fire Series- Middle (Inside) ZB from strg side
it is the exact look from other side.

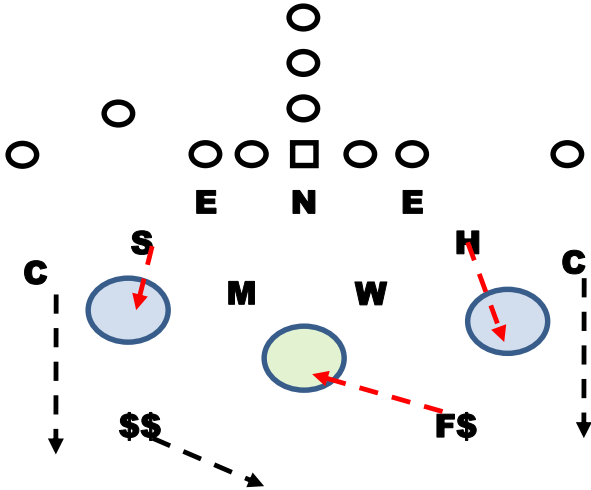
Flash
Strike
Shell

Note: Mace doesn't need to be called in the Huddle

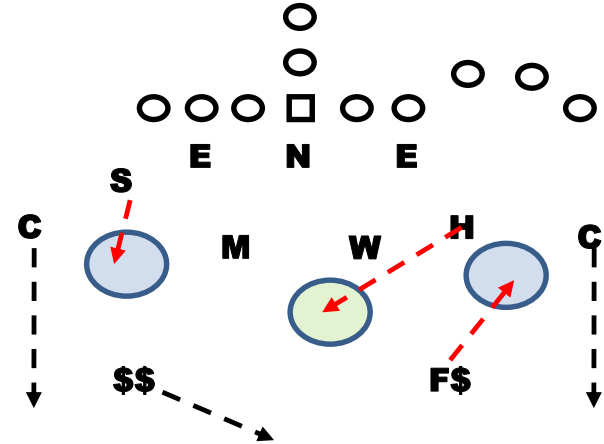
“Strike” \$\$ drops middle, OLB - #'s, F\$ middle 1/3



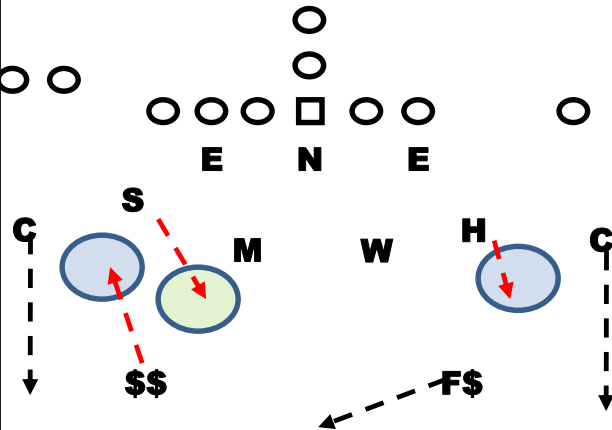
“Flash” F\$ drops middle, OLB- #'s, \$\$- middle 1/3



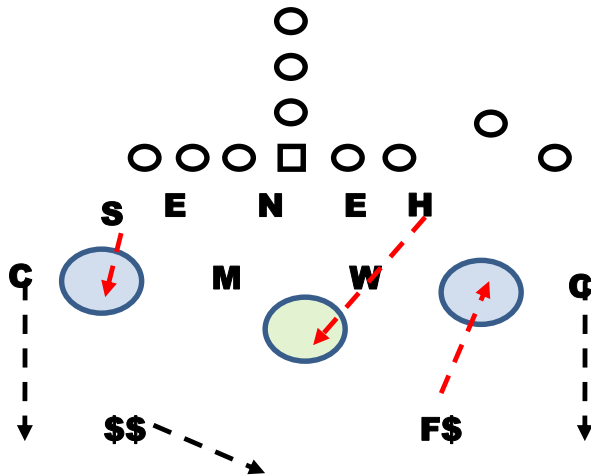
“Trey” between F\$ & Hawk



“Trey” between \$\$ and Sam



“Trey” between F\$ and Hawk- Shadow Flash vs. a Removed #2

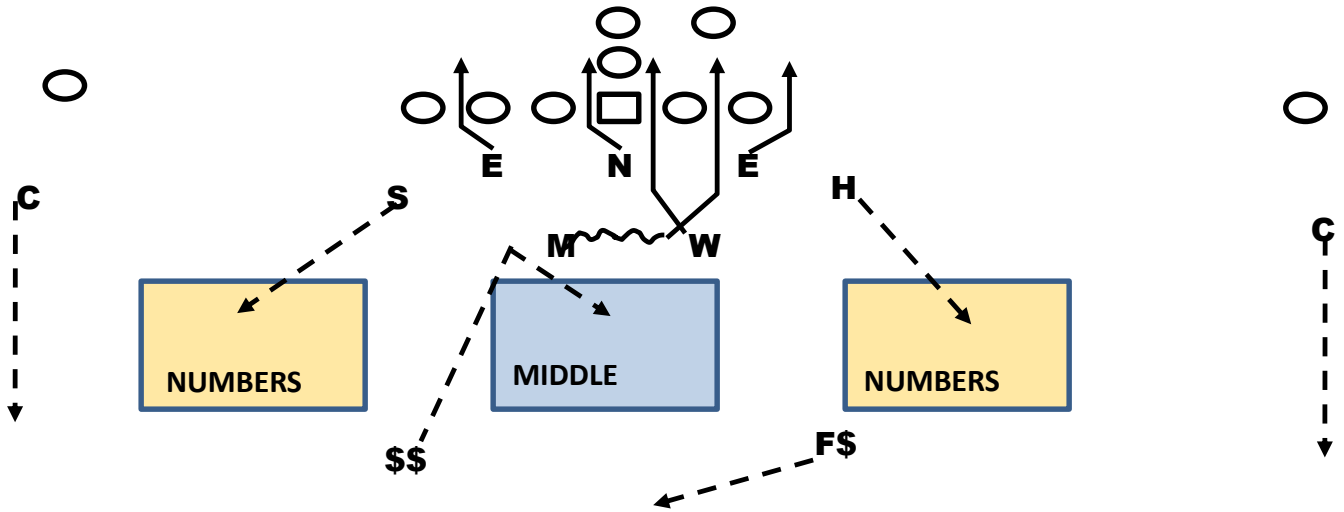


Note: We Will check “Trey” if we are in a reduced front (shade/Shadow) vs a removed # 2

If we face trips we will check “Trey” in all fronts F\$ and \$\$ will have to re-rock to the side of the trips

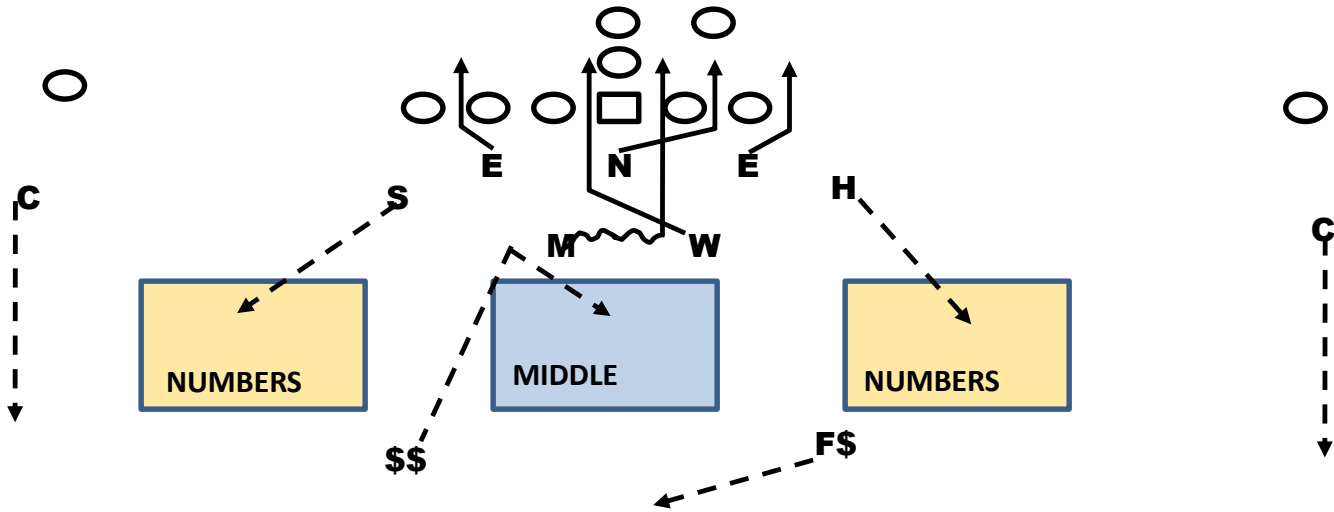
Mace X - Cover Strike

Whip
Mike A Wk
Will B WK



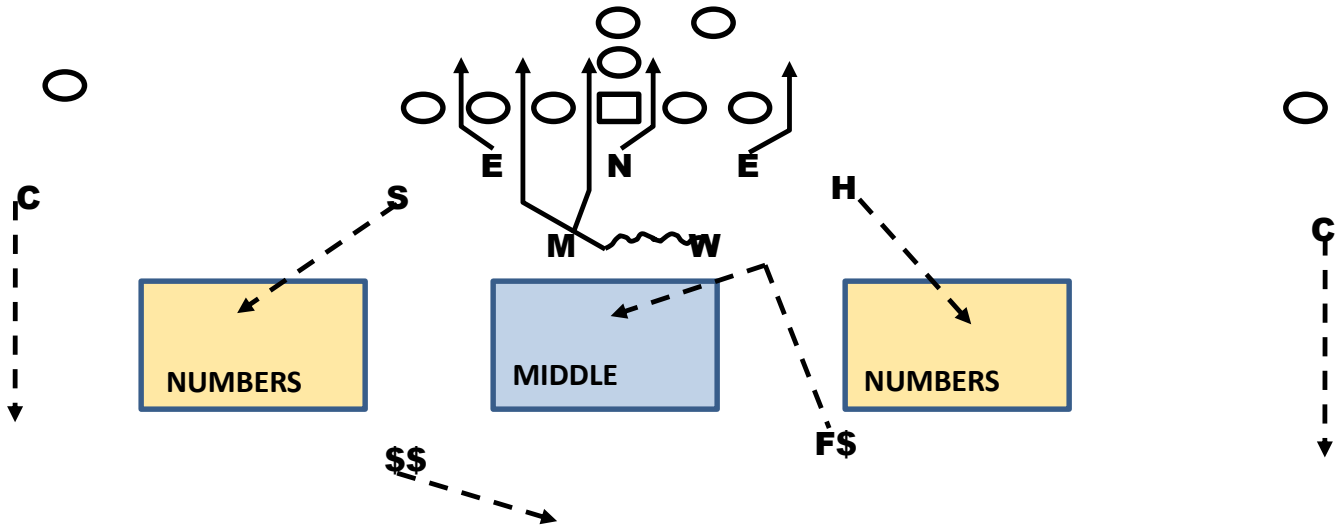
POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	OFF	D ST	NUMBERS FIND # 2	RUN FIRST THEN FIND # 2
S End	4 TECH	C ST	CONTAIN	ANCHOR & CONTAIN
Mike	30 TECH	B WK	PASS RUSHER	BLITZ WK B- SECOND
Nose	0 TECH	A ST	PASS RUSHER	ANGLE "GO" A STRONG
Will	30 TECH	A WK	PASS RUSHER	BLITZ WK A- FIRST
W End	4 TECH	C WK	CONTAIN	ANCHOR & CONTAIN
Hawk	OFF	D WK	NUMBERS FIND # 2	RUN FIRST THEN FIND # 2
SC	SHELL	Late Run	Outside 1/3	Identify threats
\$\$	SHELL	B ST	MIDDLE PLAYER FIND #3	FIT FOR RUN FIND #3
WC	SHELL	Late Run	Outside 1/3	Identify threats
F\$	SHELL	Late Run	MIDDLE 1/3	BAIL ON # 2 HOT, THEN MIDDLE 1/3

Mace WAX – Cover Strike



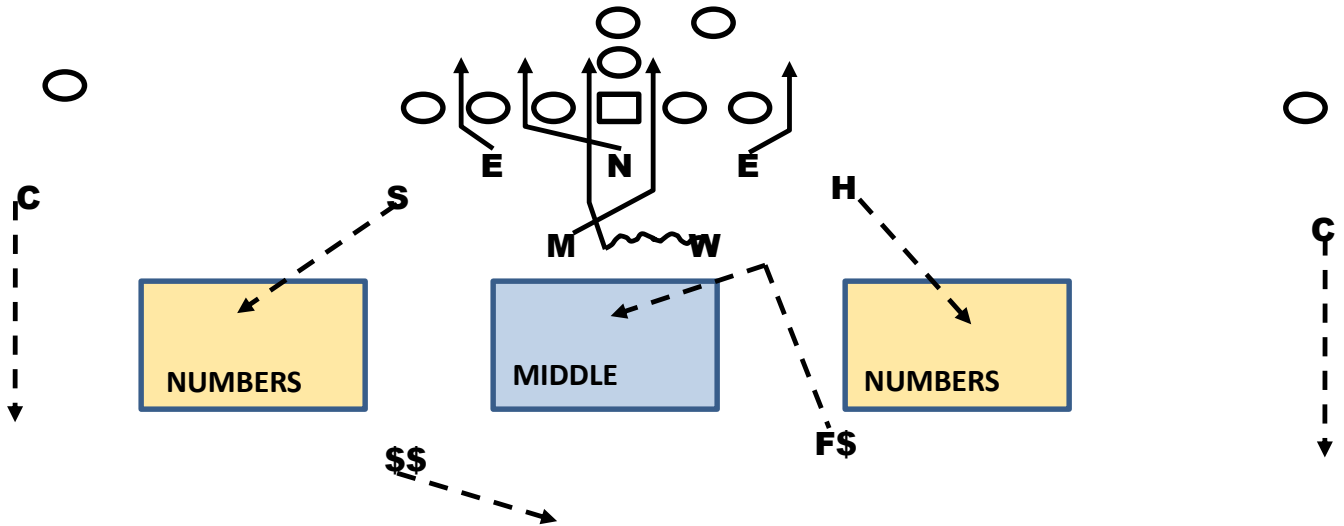
POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	OFF	D ST	NUMBERS FIND # 2	RUN FIRST THEN FIND # 2
S End	4 TECH	C ST	CONTAIN	ANCHOR & CONTAIN
Mike	30 TECH	A WK	PASS RUSHER	BLITZ WK A- SECOND
Nose	0 TECH	B WK	PASS RUSHER	LONG SCOOP OFF OF OG
Will	30 TECH	A ST	PASS RUSHER	BLITZ ST A- FIRST
W End	4 TECH	C WK	CONTAIN	ANCHOR & CONTAIN
Hawk	OFF	D WK	NUMBERS FIND # 2	RUN FIRST THEN FIND # 2
SC	SHELL	Late Run	Outside 1/3	Identify threats
\$ \$	SHELL	B ST	MIDDLE PLAYER FIND #3	FIT FOR RUN FIND #3
WC	SHELL	Late Run	Outside 1/3	Identify threats
F \$	SHELL	Late Run	MIDDLE 1/3	BAIL ON # 2 HOT, THEN MIDDLE 1/3

Sword
Mike B ST
Will A ST



POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	OFF	D ST	NUMBERS FIND # 2	RUN FIRST THEN FIND # 2
S End	4 TECH	C ST	CONTAIN	ANCHOR & CONTAIN
Mike	30 TECH	A ST	PASS RUSHER	BLITZ WK A- FIRST
Nose	0 TECH	A WK	PASS RUSHER	ANGLE "GO" A WEAK
Will	30 TECH	B ST	PASS RUSHER	BLITZ ST B- SECOND
W End	4 TECH	C WK	CONTAIN	ANCHOR & CONTAIN
Hawk	OFF	D WK	NUMBERS FIND # 2	RUN FIRST THEN FIND # 2
SC	SHELL	Late Run	Outside 1/3	Identify threats
\$	SHELL	Late Run	MIDDLE 1/3	BAIL ON # 2 HOT, THEN MIDDLE 1/3
WC	SHELL	Late Run	Outside 1/3	Identify threats
F	SHELL	B WK	MIDDLE PLAYER FIND #3	FIT FOR RUN FIND #3

Mace MIX - Cover FLASH

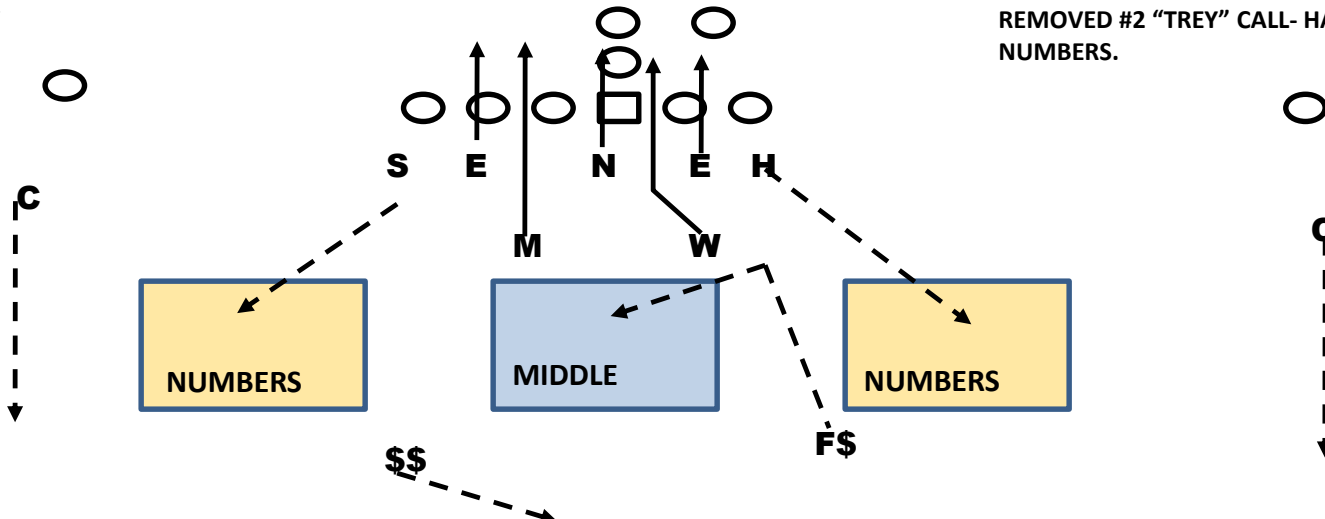


POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	OFF	D ST	NUMBERS FIND # 2	RUN FIRST THEN FIND # 2
S End	4 TECH	C ST	CONTAIN	ANCHOR & CONTAIN
Mike	30 TECH	A WK	PASS RUSHER	BLITZ WK A- FIRST
Nose	0 TECH	B ST	PASS RUSHER	LONG SCOOP OFF OF GUARD
Will	30 TECH	A ST	PASS RUSHER	BLITZ ST A- SECOND
W End	4 TECH	C WK	CONTAIN	ANCHOR & CONTAIN
Hawk	OFF	D WK	NUMBERS FIND # 2	RUN FIRST THEN FIND # 2
SC	SHELL	Late Run	Outside 1/3	Identify threats
\$	SHELL	Late Run	MIDDLE 1/3	BAIL ON # 2 HOT, THEN MIDDLE 1/3
WC	SHELL	Late Run	Outside 1/3	Identify threats
F	SHELL	B WK	MIDDLE PLAYER FIND #3	FIT FOR RUN FIND #3

Mace SHADE Fire – Cover FLASH

MIDDLE OF THE FIELD SY
ALSO SHADE BLACK

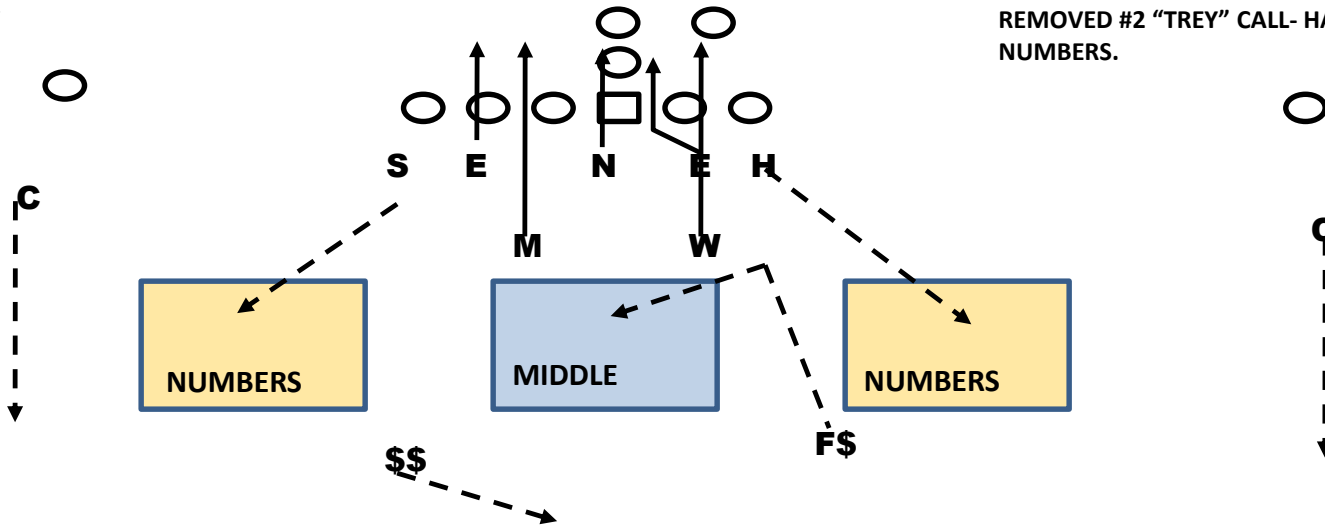
REMOVED #2 "TREY" CALL- HAWK IN MIDDLE F\$ ON
NUMBERS.



POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	FOOT	D ST	NUMBERS FIND # 2	RUN FIRST THEN FIND # 2
S End	5 TECH	C ST	CONTAIN	"PR" & CONTAIN
Mike	30 TECH	B ST	PASS RUSHER	BLITZ B ST
Nose	1 TECH ST	A ST	PASS RUSHER	ATTACK "PR"
Will	30 TECH	A WK	PASS RUSHER	BLITZ WK A
W End	3 TECH	B WK	CONTAIN	BLITZ & CONTAIN
Hawk	5 TECH	C WK	NUMBERS FIND # 2	RUN FIRST THEN FIND # 2- ALERT "TREY"
SC	SHELL	Late Run	Outside 1/3	Identify threats
\$	SHELL	Late Run	MIDDLE 1/3	BAIL ON # 2 HOT, THEN MIDDLE 1/3
WC	SHELL	Late Run	Outside 1/3	Identify threats
F\$	SHELL	B WK	MIDDLE PLAYER FIND #3	FIT FOR RUN FIND #3

MIDDLE OF THE FIELD SY
ALSO SHADE BLACK

REMOVED #2 “TREY” CALL- HAWK IN MIDDLE F\$ ON
NUMBERS.



POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	FOOT	D ST	NUMBERS FIND # 2	RUN FIRST THEN FIND # 2
S End	5 TECH	C ST	CONTAIN	“PR” & CONTAIN
Mike	30 TECH	B ST	PASS RUSHER	BLITZ B ST
Nose	1 TECH ST	A ST	PASS RUSHER	ATTACK “PR”
Will	30 TECH	B WK	PASS RUSHER	BLITZ WK B
W End	3 TECH	A WK	CONTAIN	RIP AND “PR”
Hawk	5 TECH	C WK	NUMBERS FIND # 2	RUN FIRST THEN FIND # 2- ALERT “TREY”
SC	SHELL	Late Run	Outside 1/3	Identify threats
\$	SHELL	Late Run	MIDDLE 1/3	BAIL ON # 2 HOT, THEN MIDDLE 1/3
WC	SHELL	Late Run	Outside 1/3	Identify threats
F\$	SHELL	B WK	MIDDLE PLAYER FIND #3	FIT FOR RUN FIND #3

We can run all of our zone blitz's against Pro

We can run all of our zone blitz's against Flex and Flexed closed

ILB's and OLB's exchange blitz vs removed #2

We can run all of our zone blitz's against bandit

ILB's and OLB's exchange blitz vs removed #2

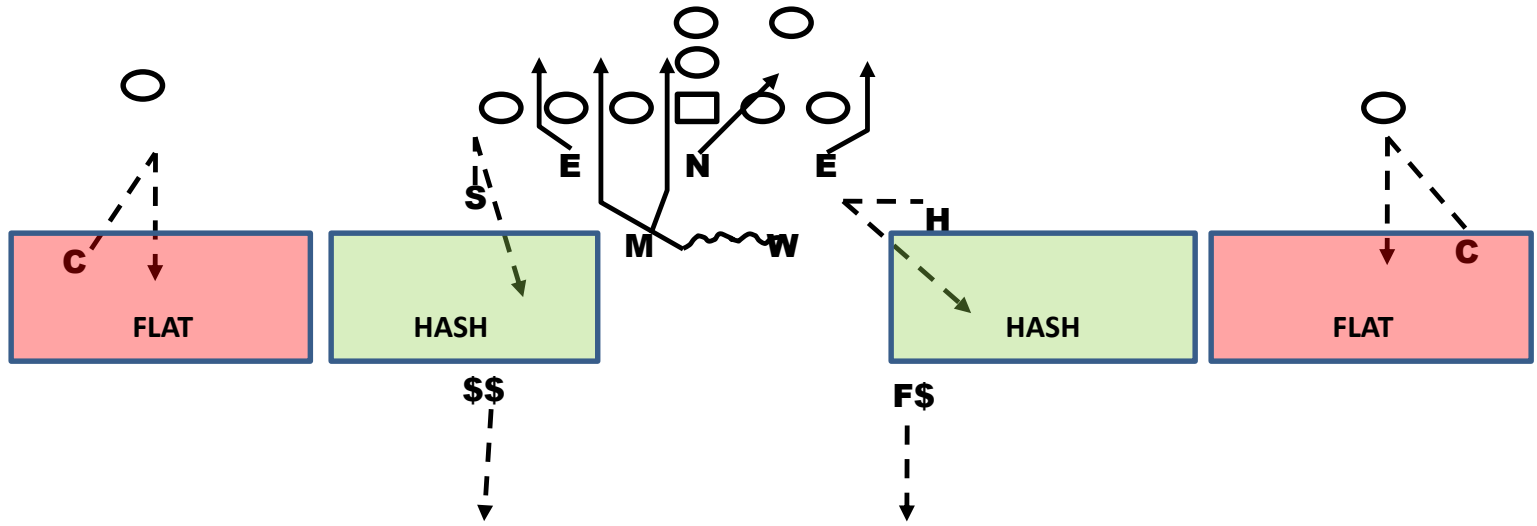
Check "Rock" to trips side: Safety to trips will rock down and control #2, OLB or ILB to trips will control #3, OLB away from trips controls #2 (RB)m Safety away from trips hot on #3 then drops middle third, corners outside 1/3's.

Shell Coverage

Safeties cover 1/2's
Corners in the Flats
OLB/ILB or DE's cover hash- don't allow #2 to get inside to the open middle

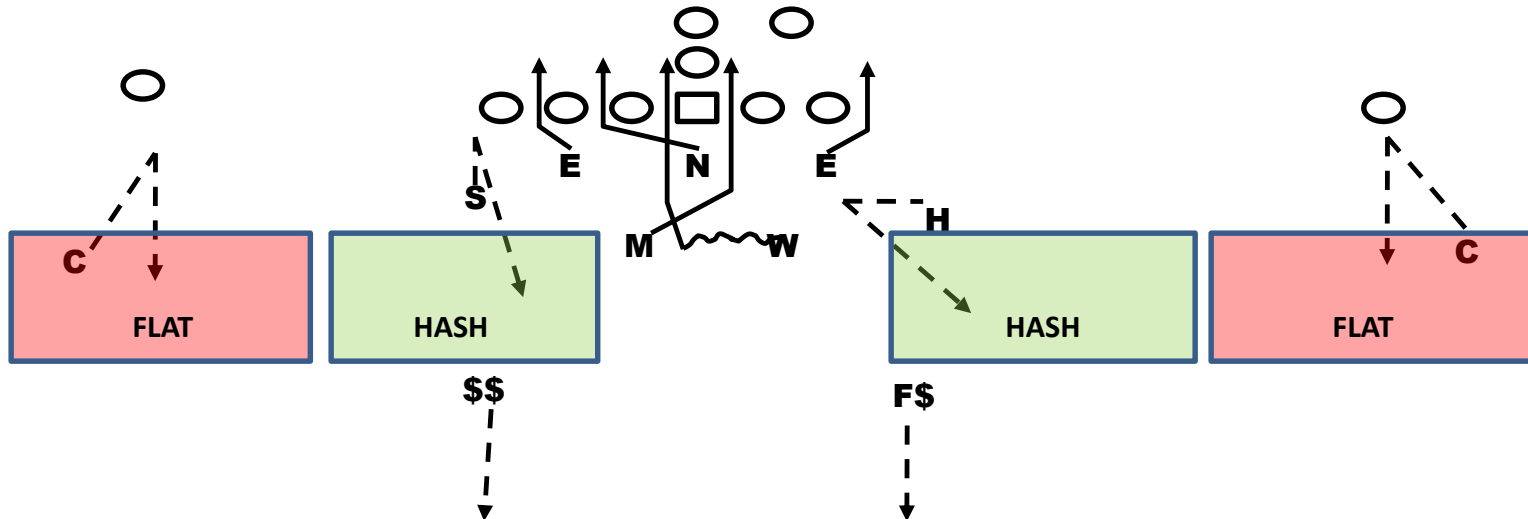
We will mostly our 52 ZB game but there are some blitzes from the 50/54 series that we can run with Shell coverage.

SEX - COVER SHELL



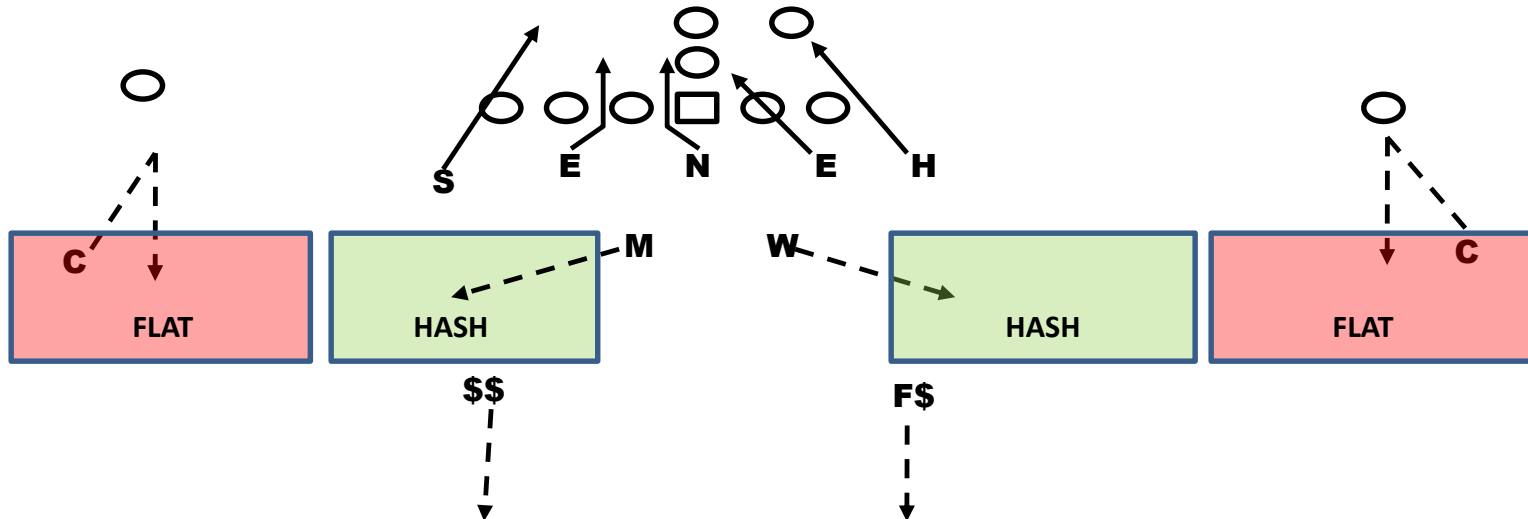
POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	OFF	D ST	HASH PLAYER # 2	RUN FIRST THEN FIND # 2
S End	4 TECH	C ST	CONTAIN	ANCHOR & CONTAIN
Mike	30 TECH	A ST	PASS RUSHER	BLITZ STG A - FIRST
Nose	0 TECH	A WK	PASS RUSHER	SLANT FOR WEAK RUN
Will	30 TECH	B ST	PASS RUSHER	BLITZ ST B- SECOND
W End	4 TECH	C WK	CONTAIN	ANCHOR & CONTAIN
Hawk	OFF	GUARD DOWN- B, GUARD TO=D	HASH PLAYER # 2	RUN FIRST THEN FIND # 2
SC	SHELL	Late Run	FLAT PLAYER	CONTROL #1
\$\$	SHELL	Late Run	½ PLAYER	½ ZONE
WC	SHELL	Late Run	FLAT PLAYER	CONTROL #1
F\$	SHELL	LATE RUN	½ PLAYER	½ ZONE

MIX - COVER SHELL



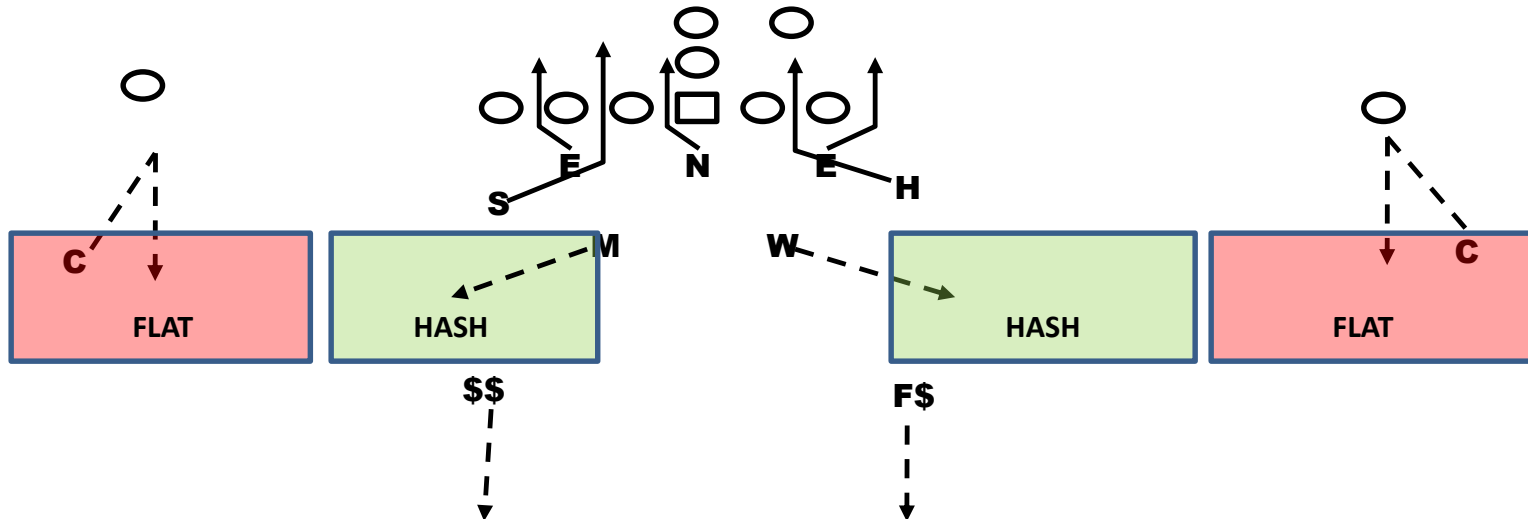
POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	OFF	D ST	HASH PLAYER # 2	RUN FIRST THEN FIND # 2
S End	4 TECH	C ST	CONTAIN	ANCHOR & CONTAIN
Mike	30 TECH	A WK	PASS RUSHER	BLITZ WK A- FIRST
Nose	0 TECH	B ST	PASS RUSHER	LONG SCOOP B STRONG
Will	30 TECH	A ST	PASS RUSHER	BLITZ ST A- SECOND
W End	4 TECH	C WK	CONTAIN	ANCHOR & CONTAIN
Hawk	OFF	GUARD DOWN- B, GUARD TO=D	HASH PLAYER # 2	RUN FIRST THEN FIND # 2
SC	SHELL	Late Run	FLAT PLAYER	CONTROL #1
\$	SHELL	Late Run	½ PLAYER	½ ZONE
WC	SHELL	Late Run	FLAT PLAYER	CONTROL #1
F	SHELL	LATE RUN	½ PLAYER	½ ZONE

FIRE - COVER SHELL



POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	FOOT	D ST	CONTAIN	BLITZ & CONTAIN
S End	4 TECH	B ST	PASS RUSHER	ANGLE & GO
Mike	30 TECH	C ST	HASH PLAYER	FIND #2
Nose	0 TECH	A ST	PASS RUSHER	ANGLE AND GO
Will	40 TECH	A WK	HASH PLAYER	FIND #2
W End	4 TECH	B WK	CONTAIN	BLITZ & CONTAIN
Hawk	GHOST	C WK	CONTAIN	BLITZ AND CONTAIN
SC	SHELL	Late Run	FLAT PLAYER	CONTROL #1
\$ \$	SHELL	Late Run	½ PLAYER	½ ZONE
WC	SHELL	Late Run	FLAT PLAYER	CONTROL #1
F \$	SHELL	LATE RUN	½ PLAYER	½ ZONE

BULL – COVER SHELL



POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	HEAD (6 TECH)	B ST	PASS RUSHER	BLITZ B
S End	4 TECH	C ST	CONTAIN	ANCHOR AND CONTAIN
Mike	40i TECH	D ST	HASH PLAYER	FIND #2
Nose	0 TECH	A ST	PASS RUSHER	ANGLE AND GO
Will	30 TECH	A WK	HASH PLAYER	FIND #2
W End	4 TECH	C WK	CONTAIN	ANCHOR & CONTAIN
Hawk	GHOST	B WK	PASS RUSHER	BLITZ B
SC	SHELL	Late Run	FLAT PLAYER	CONTROL #1
\$ \$	SHELL	Late Run	½ PLAYER	½ ZONE
WC	SHELL	Late Run	FLAT PLAYER	CONTROL #1
F \$	SHELL	LATE RUN	½ PLAYER	½ ZONE

43

Zone

Blitzes

Choice- Depending on the game plan we will choice blitz to a tendency. For example we may choice our blitz to the back. The huddle call would be “Boston Choice” or “Dog Choice”

Weak- We may blitz to the weak side of the offensive formation. “Seattle Weak”

Strong- We may blitz to the strong side of the offensive formation. “Seattle strong”

Joker- We will show a dog blitz to on side and blitz the other. “Sam Dog Joker” We will run the Sam Dog but the “Will linebacker shows blitz

Trey- When the 5 tech (numbers player) drops into the middle hole. Call made vs. a removed #2 receiver away from the blitz

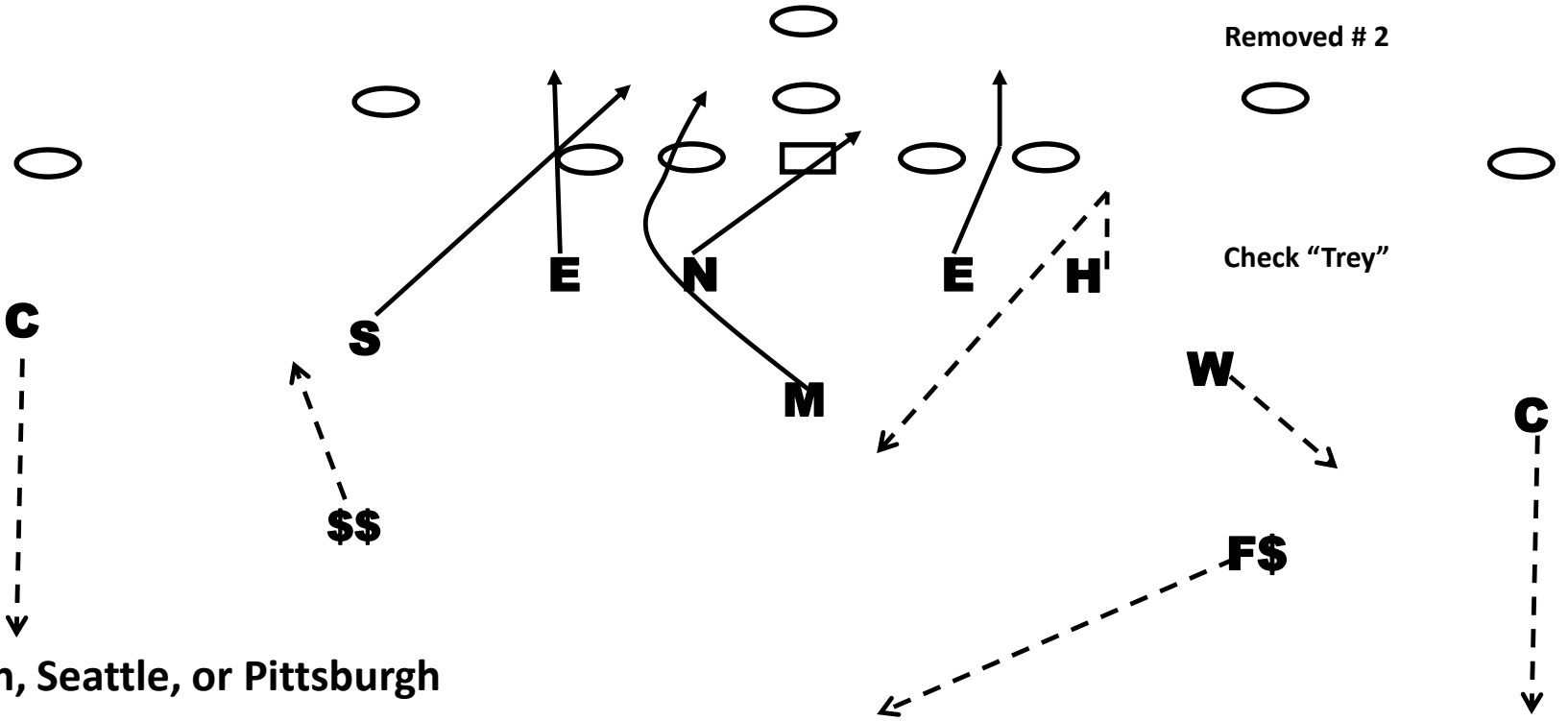
Trigger- We will re-rock the safeties when the offense comes out in a 3 receiver set away from the blitz.

Cover 33 (Rock)(Shale/Wolf/Frisco)
Frisco- Safety Blitz invert #'s

Black
Green

“TREY” CALL

Zone Blitz with a 5 tech dropping

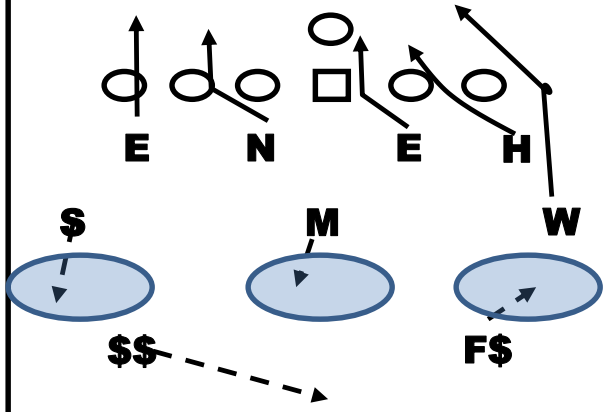


Whenever #2 is removed away from blitz

The OLB/ILB must check “Trey”- the puts the end into the middle

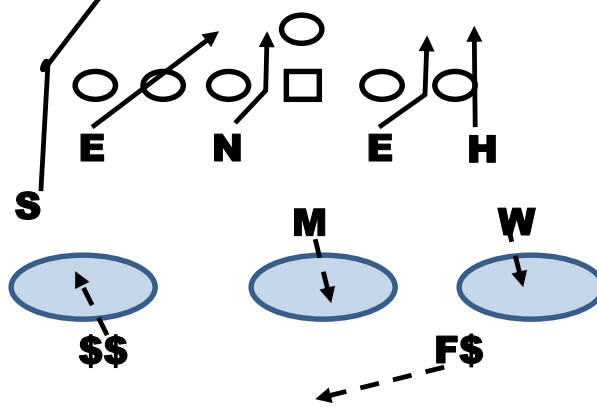
Be alert on shifts and motions

Will Dog (we can also run Cannon)



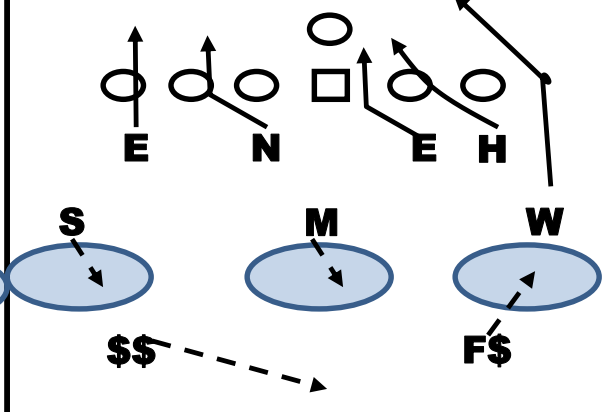
SE- 7 bubble, N- 2 angle, E- 2 angle, H 5 - crash

Sam Dog (we can also run Cannon)



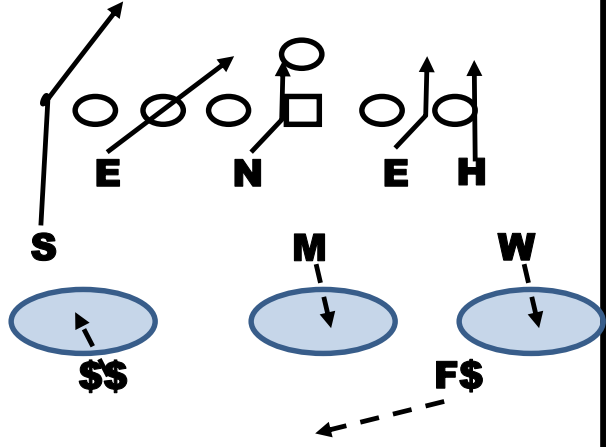
SE- 7 crash, N- 2 angle, E- 3- Angle "PR", H 5 - "PR"

Boundary Field Dog (or Cannon)

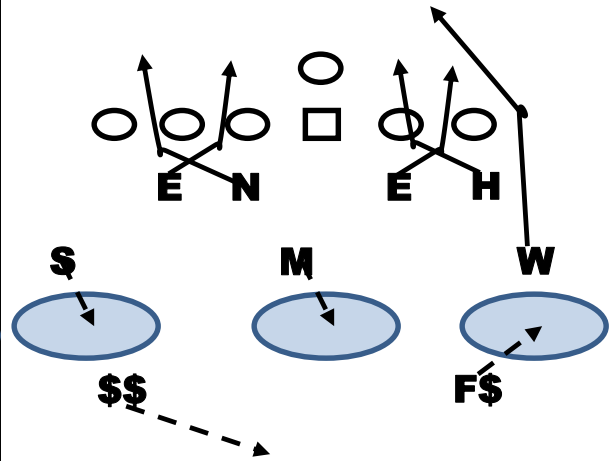


SE- 7 bubble, N- 2 angle, E- 2- angle, H 5 - crash

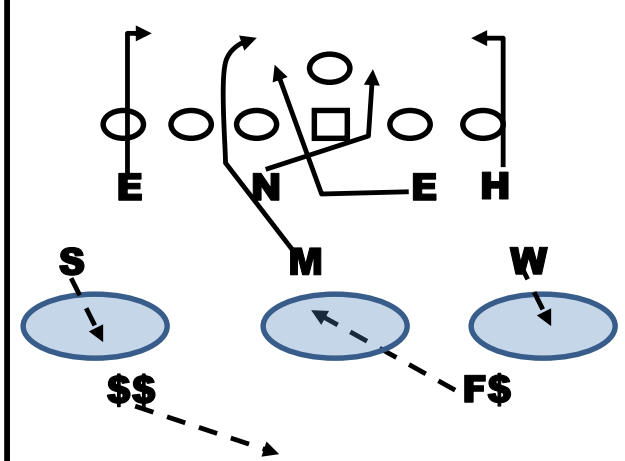
Boundary Field Boundary Dog (or Cannon)

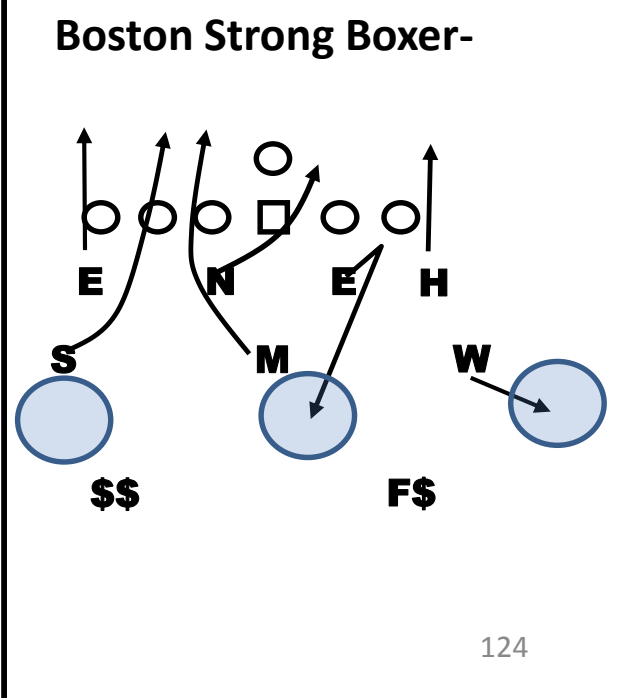
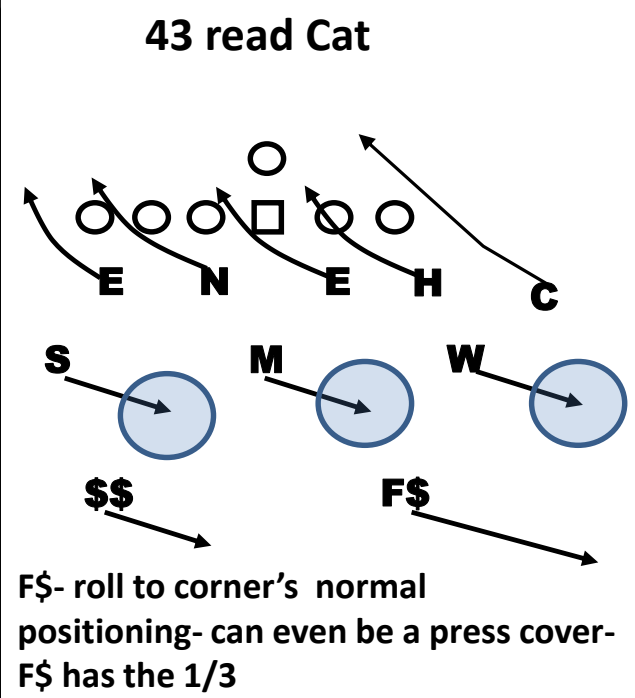
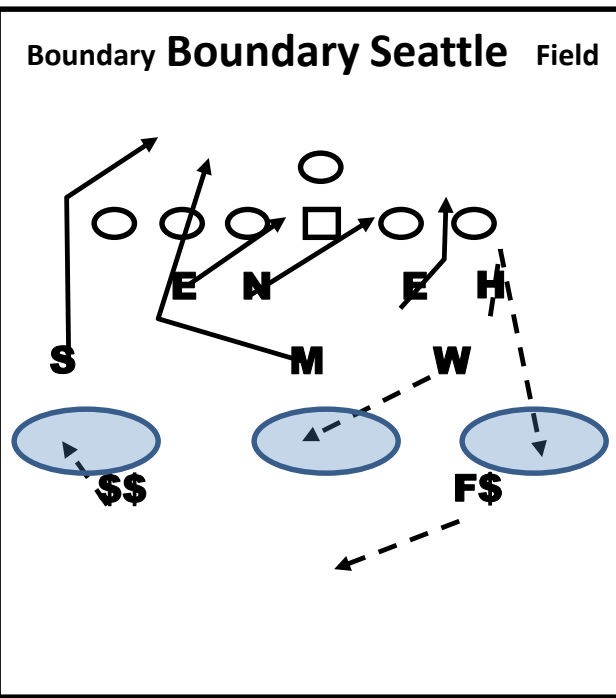
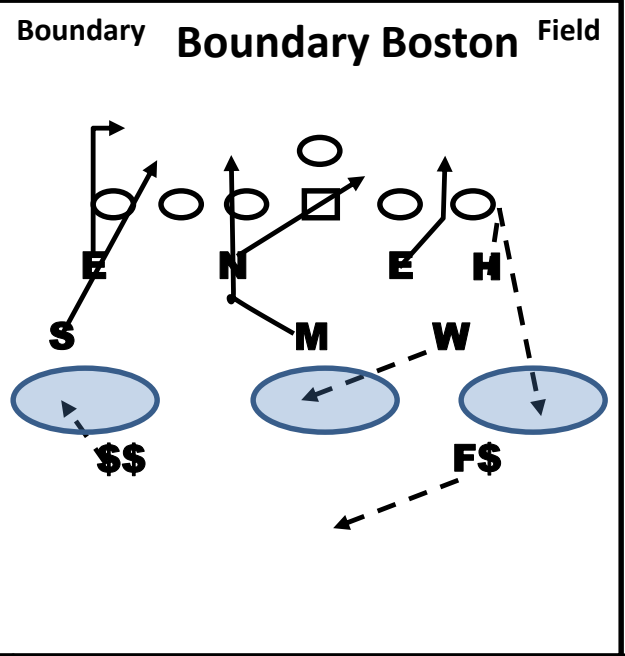
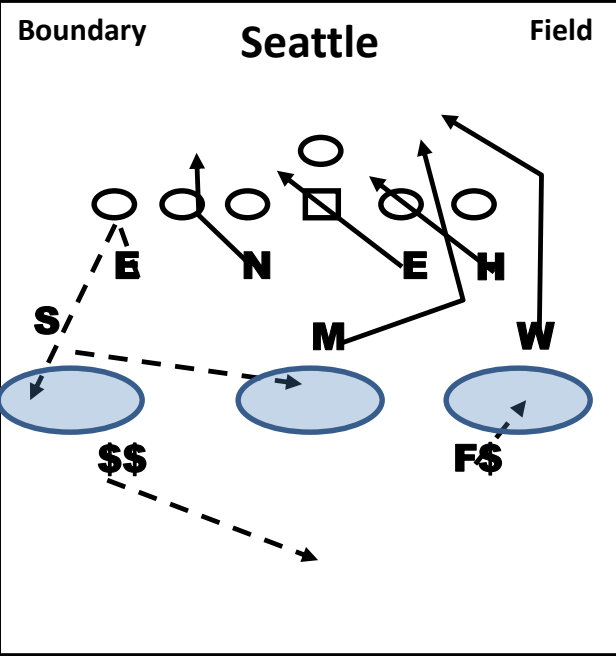
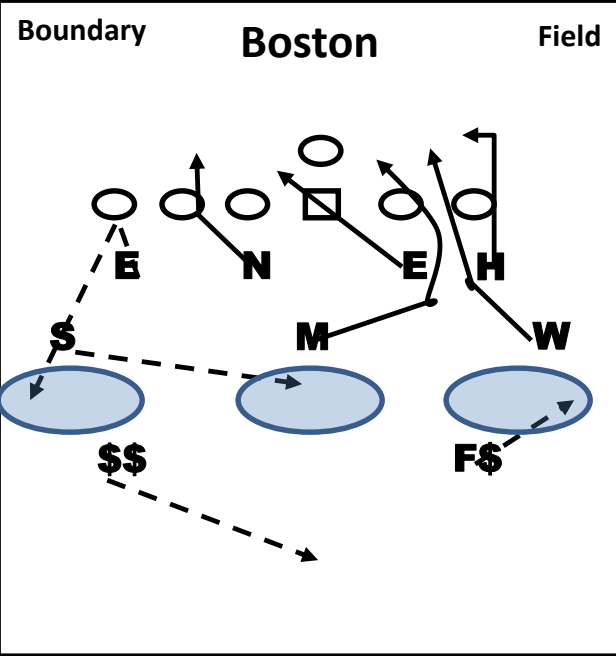


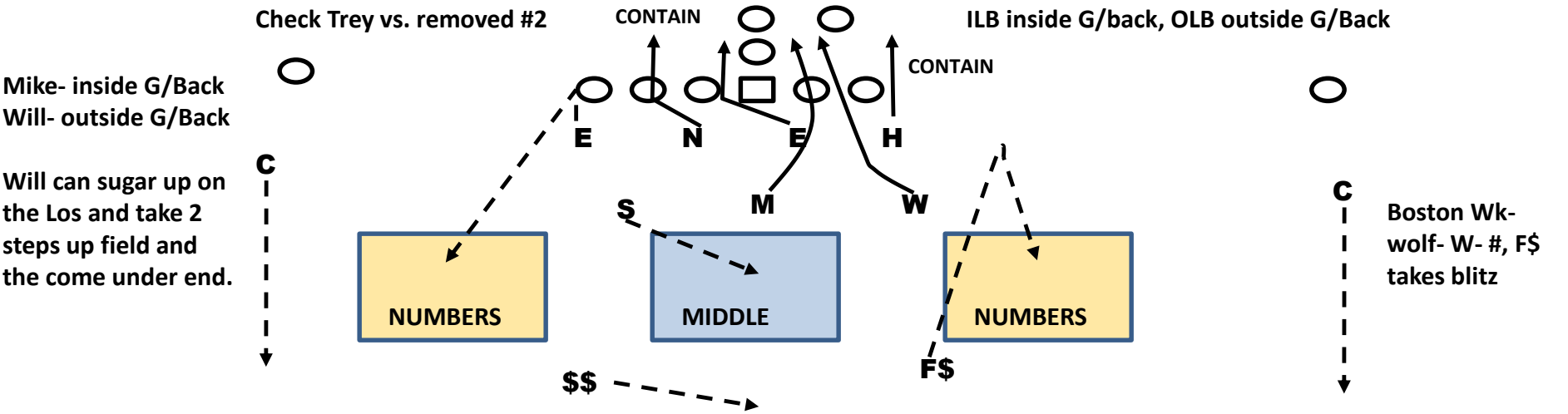
Tornado Will Dog



Twist Mike Barrel Flash





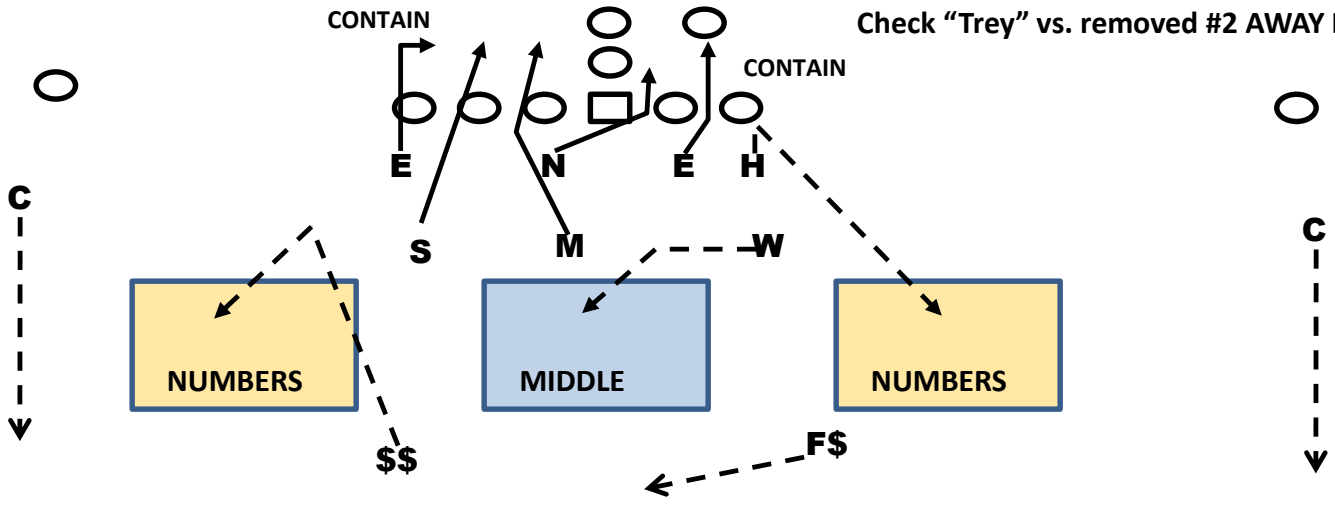


POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	50 tech	C ST	MIDDLE PLAYER	RUN 1 ST - FIND /HOT ON #3, MAKE TREY
S End	7 tech	D ST	NUMBERS PLAYER	FIND "2"- ALERT "TREY" CALL
Mike	00 tech	A WK	PASS RUSHER	BLITZ OFF OF END, INSIDE OG/B
Nose	3 tech	B ST	CONTAIN	INSIDE HIP OF OT- CONTAIN
Will	50 tech	B WK	PASS RUSHER	BLITZ OFF OF END, OUTSIDE OG/B
W End	2i tech	A ST	PASS RUSHER	LONG SCOOP OVER CENTER
Hawk	5 tech	C WK	CONTAIN	BLITZ & CONTAIN
SC	Shell	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
\$\$	Shell	LATE RUN	MIDDLE 1/3	HELP HOT ON #2 BAIL MIDDLE 1/3
WC	Shell	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
F\$	Shell	D WK	NUMBERS PLAYER	FIT RUN FIRST & FIND #2

Boston Strong- cover Rock

Mike- inside G/Back
Sam- outside G/Back

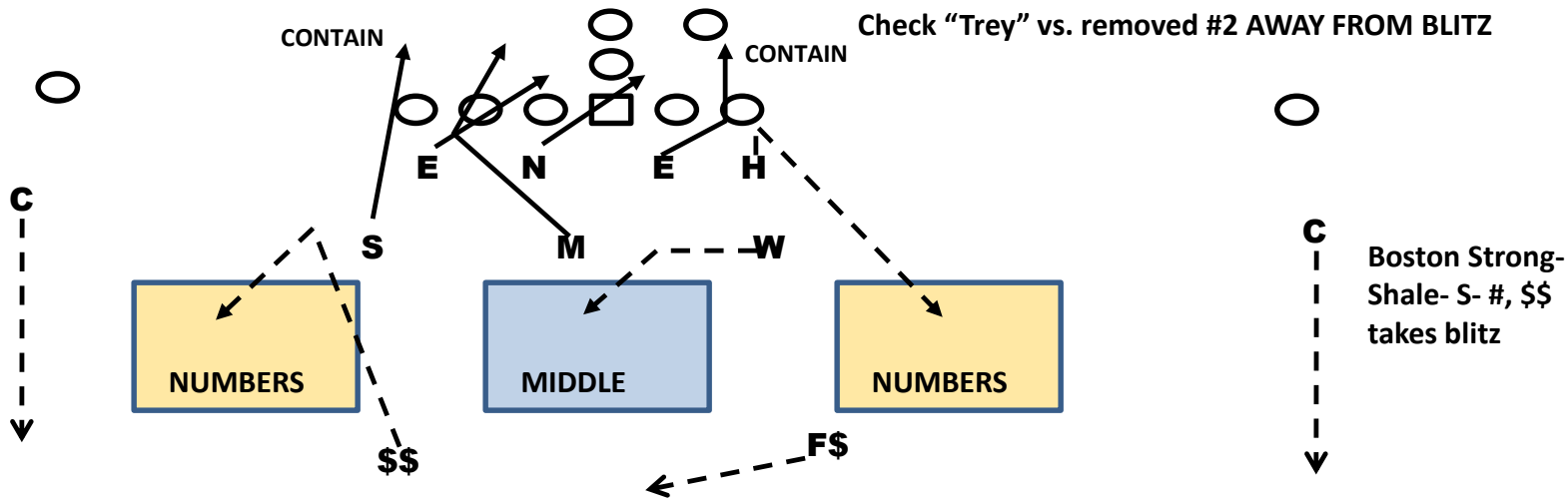
Sam can sugar up on the Los and take 2 steps up field and the come under end.



Boston Strong-Shale- S- #, \$\$ takes blitz

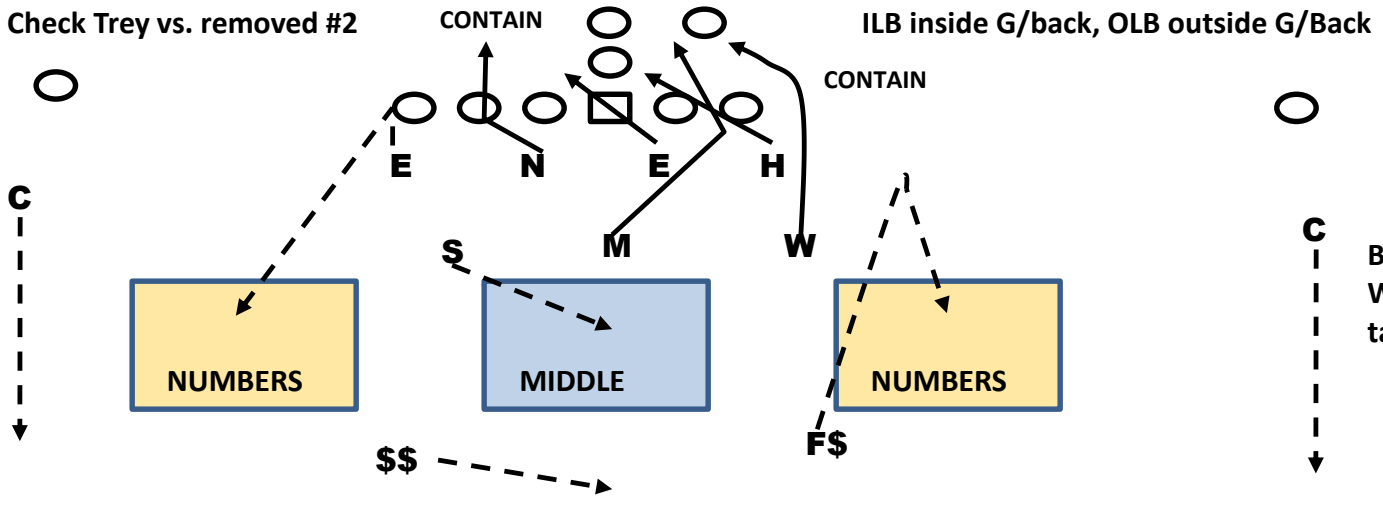
POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	50 TECH.	C TO B ST	PASS RUSHER	BLITZ READ OFF OT, STAY OUTSIDE G AND BACK
S End	9 TECH.	D ST	CONTAIN	BLITZ AND CONTAIN
Mike	00 TECH.	A TO B ST	PASS RUSHER	BLITZ OFF TH NOSE- INSIDE OG
Nose	2i TECH.	A WK	PASS RUSHER	LONG SCOOP OVR CENTR
Will	50 TECH.	D WK TO FIT	MIDDLE PLAYER	FIND # 3 – HOT ON 3- MAKE TREY CALL
W End	3 TECH.	B WK	CONTAIN	ATTACK INSIDE HIP OF OT- CONTAIN
Hawk	5 TECH.	C WK	NUMBERS PLAYER	FIT RUN & FIND #2- ALERT “TREY”
SC	Shell	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
\$\$	Shell	D ST	NUMBERS PLAYER	FIT RUN & FIND #2
WC	Shell	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
F\$	Shell	LATE RUN	MIDDLE 1/3	HELP HOT ON #2 – BAIL MIDDLE 1/3

SEATTLE Strong- cover Rock



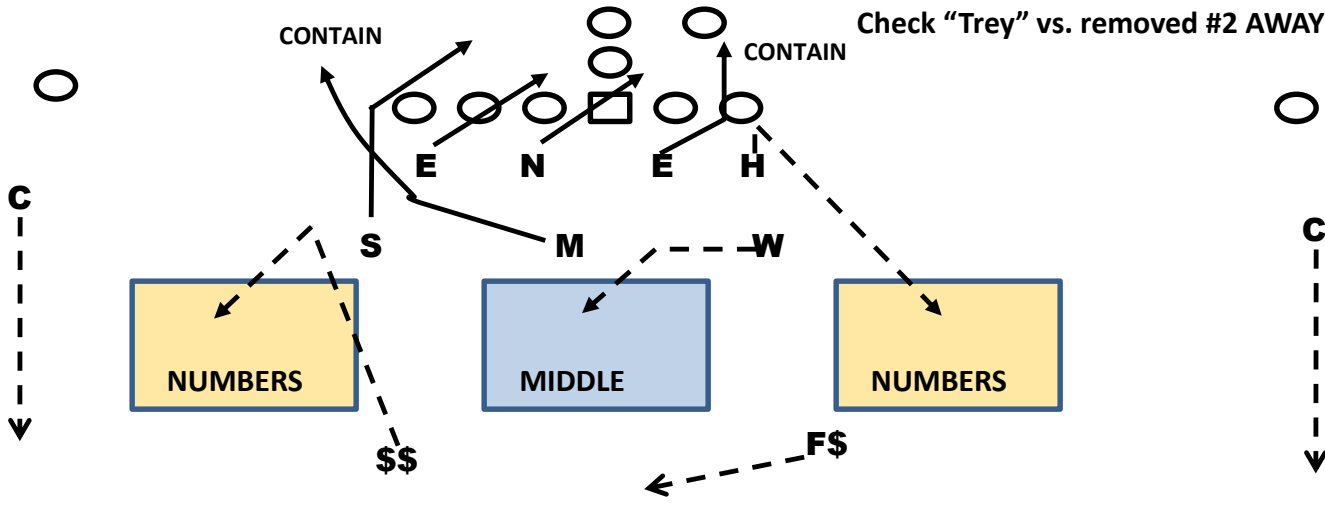
POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	OFF – STEM TO IT	D ST	CONTAIN	BLITZ AND CONTAIN
S End	7 TECH.	B TO A ST	PASS RUSHER	READ TEC OFF OF OG
Mike	00 TECH.	B ST TO C ST	PASS RUSHER	BLITZ OFF THE ST END
Nose	3 TECH.	A ST TO A WK	PASS RUSHER	READ TEC OFF OF CENTER
Will	50 TECH.	D WK TO FIT	MIDDLE PLAYER	FIND # 3 – HOT ON 3- MAKE TREY CALL
W End	2i TECH.	B WK	CONTAIN	ATTACK INSIDE HIP OF OT- CONTAIN
Hawk	5 TECH.	C WK	NUMBERS PLAYER	FIT RUN & FIND #2- ALERT “TREY”
SC	Shell	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
\$\$	Shell	D ST	NUMBERS PLAYER	FIT RUN & FIND #2
WC	Shell	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
F\$	Shell	LATE RUN	MIDDLE 1/3	HELP HOT ON #2 – BAIL MIDDLE 1/3

SEATTLE Weak- cover Rock



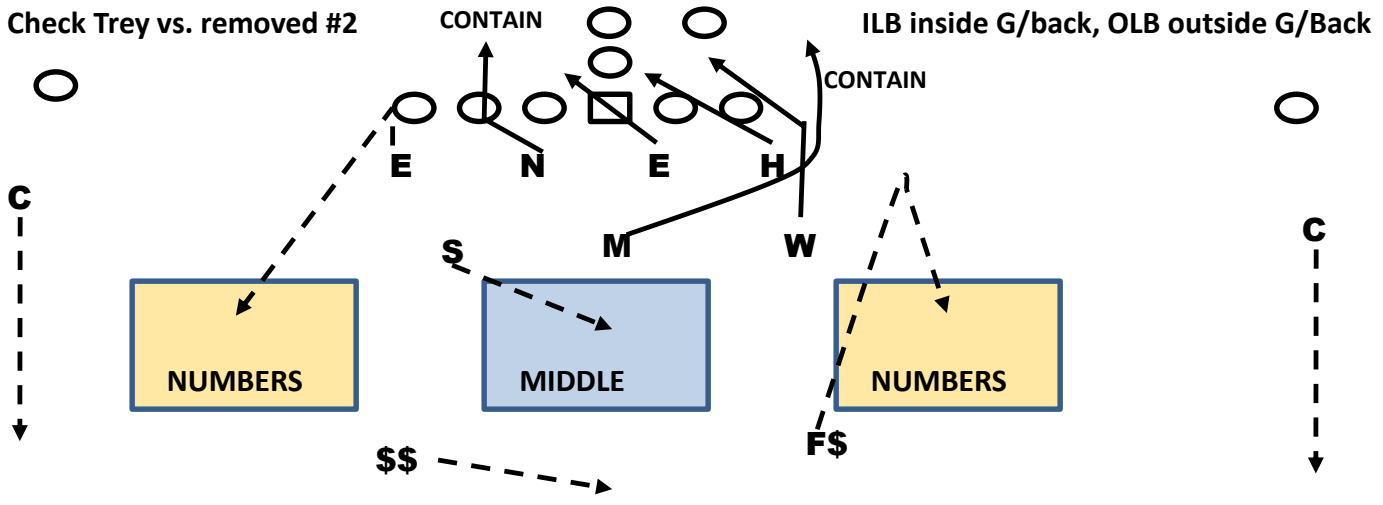
POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	50 tech	C ST	MIDDLE PLAYER	RUN 1 ST - FIND /HOT ON #3, MAKE TREY
S End	7 tech	D ST	NUMBERS PLAYER	FIND "2"- ALERT "TREY" CALL
Mike	00 tech	B TO C WK	PASS RUSHER	BLITZ OFF OF THE HAWK
Nose	3 tech	B ST	CONTAIN	INSIDE HIP OF OT- CONTAIN
Will	50 tech	D WK	CONTAIN	BLITZ CONTAIN
W End	2i tech	A TO A	PASS RUSHER	READ TEC OFF OF CENTER
Hawk	5 tech	A TO B WK	PASS RUSHER	READ TEC OFF OF GUARD
SC	Shell	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
\$\$	Shell	LATE RUN	MIDDLE 1/3	HELP HOT ON #2 BAIL MIDDLE 1/3
WC	Shell	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
F\$	Shell	D WK	NUMBERS PLAYER	FIT RUN FIRST & FIND #2

Pittsburgh Strong- cover Rock

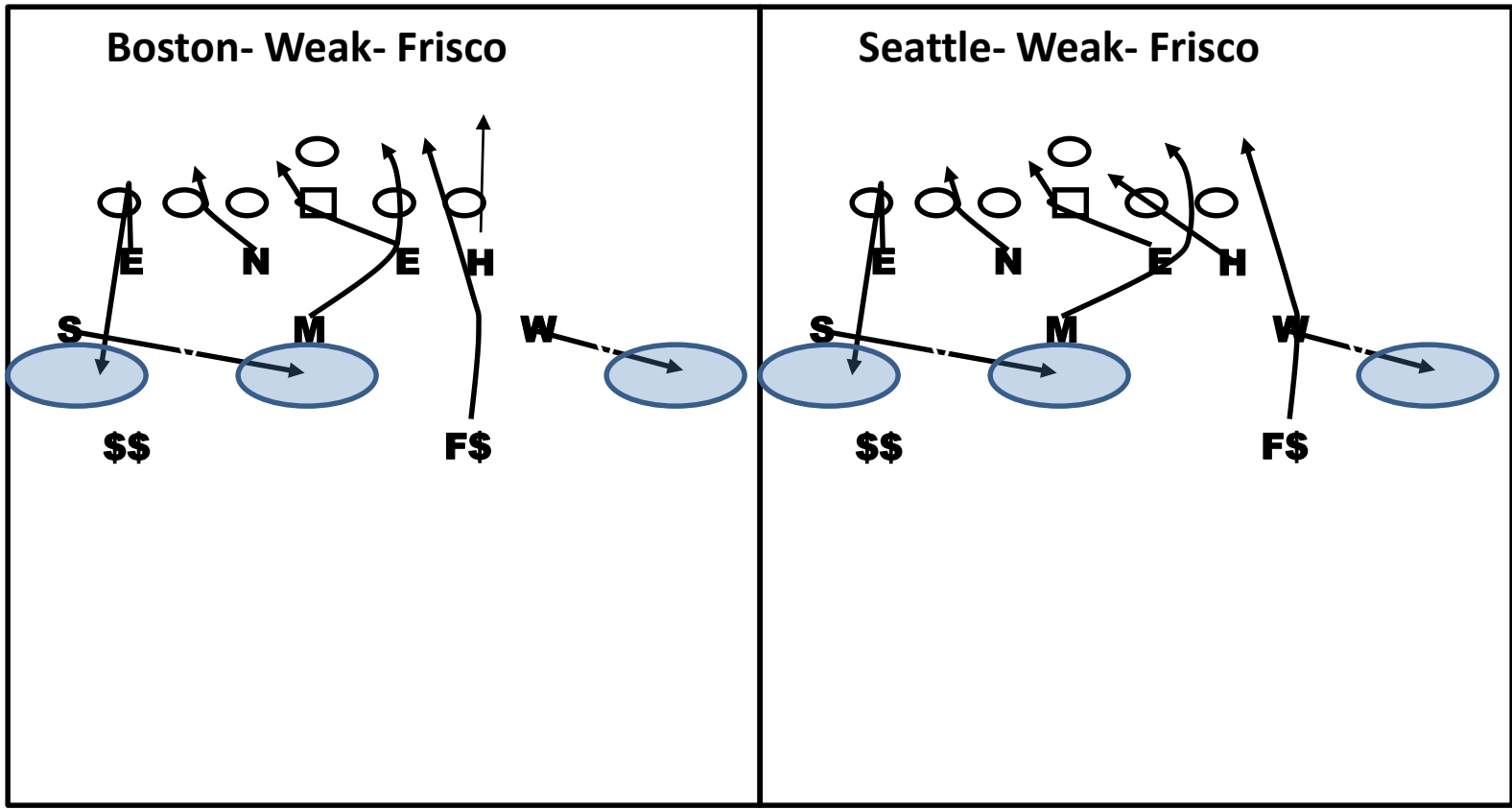


POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	OFF – STEM TO IT	C to B ST	Pass Rusher	BLITZ
S End	7 TECH.	B TO A ST	PASS RUSHER	READ TEC OFF OF OG
Mike	00 TECH.	D ST	Contain	BLITZ OFF Contain
Nose	3 TECH.	A ST TO A WK	PASS RUSHER	READ TEC OFF OF CENTER
Will	50 TECH.	D WK TO FIT	MIDDLE PLAYER	FIND # 3 – HOT ON 3- MAKE TREY CALL
W End	2i TECH. or 2	B WK	CONTAIN	ATTACK INSIDE HIP OF OT- CONTAIN
Hawk	5 TECH.	C WK	NUMBERS PLAYER	FIT RUN & FIND #2- ALERT "TREY"
SC	Shell	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
\$\$	Shell	D ST	NUMBERS PLAYER	FIT RUN & FIND #2
WC	Shell	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
F\$	Shell	LATE RUN	MIDDLE 1/3	HELP HOT ON #2 – BAIL MIDDLE 1/3

Pittsburgh Weak- cover Rock



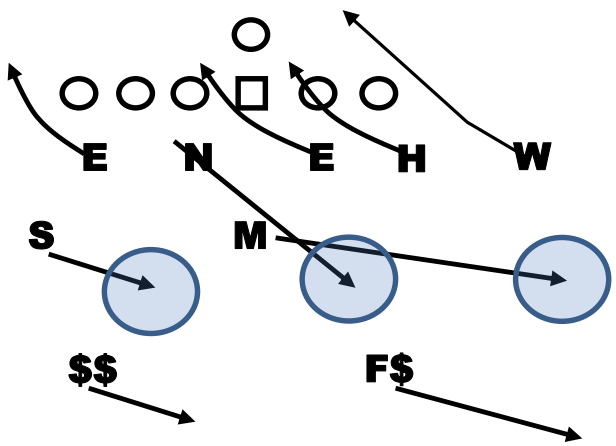
POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	50 tech	C ST	MIDDLE PLAYER	RUN 1 ST - FIND /HOT ON #3, MAKE TREY
S End	7 tech	D ST	NUMBERS PLAYER	FIND "2"- ALERT "TREY" CALL
Mike	00 tech	D wk	PASS RUSHER	BLITZ OFF OF THE Will- Blitz contain
Nose	3 tech	B ST	CONTAIN	INSIDE HIP OF OT- CONTAIN
Will	50 tech	C to B WK	CONTAIN	BLITZ CONTAIN
W End	2i tech	A TO A	PASS RUSHER	READ TEC OFF OF CENTER
Hawk	5 tech	A TO B WK	PASS RUSHER	READ TEC OFF OF GUARD
SC	Shell	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
\$ \$	Shell	LATE RUN	MIDDLE 1/3	HELP HOT ON #2 BAIL MIDDLE 1/3
WC	Shell	LATE RUN	OUTSIDE 1/3	IDENTIFY THREATS
F \$	Shell	D WK	NUMBERS PLAYER	FIT RUN FIRST & FIND #2



Sox strong- Run just like Boston but Mike goes strong C first and Sam goes B second

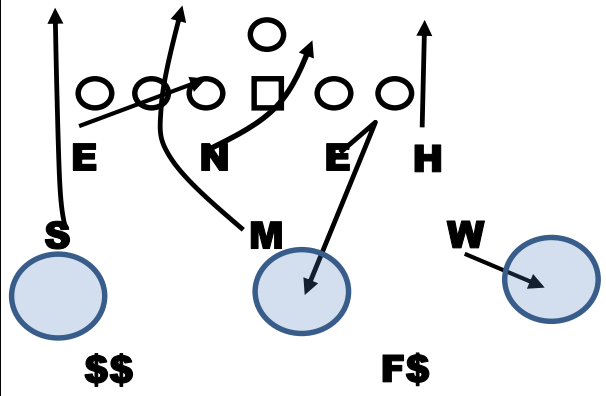
Sox weak- run just like Boston but Mike goes strong C first and Will goes B second

43 Drive weak boxer

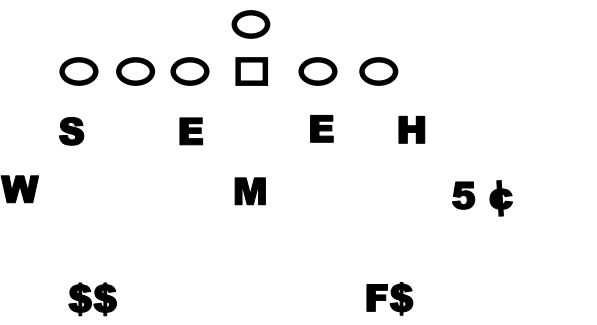


33 fire zone shell

Seattle Strong Boxer-

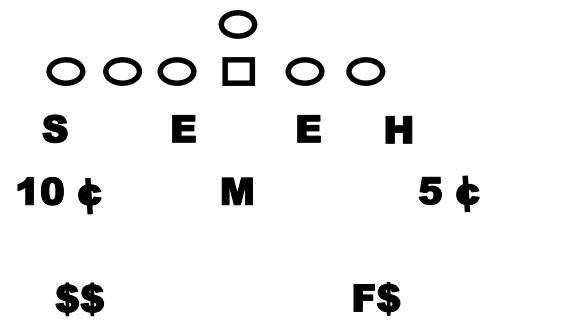


40 nickel + stunt or fire and coverage



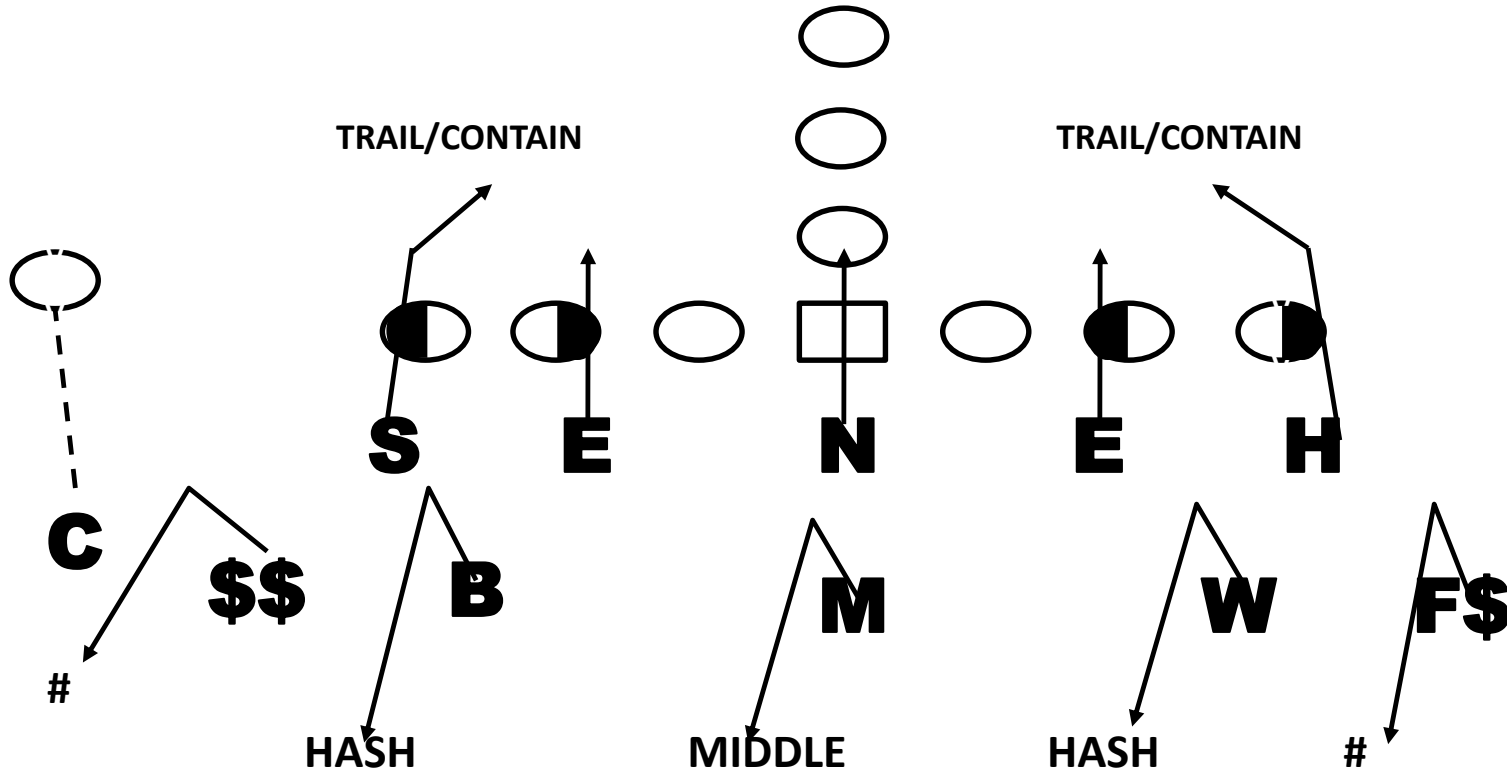
Front 4 top pass rushers H/S can 2 pt.
SOLB- best run stopper

40 Dime + stunt or fire and coverage



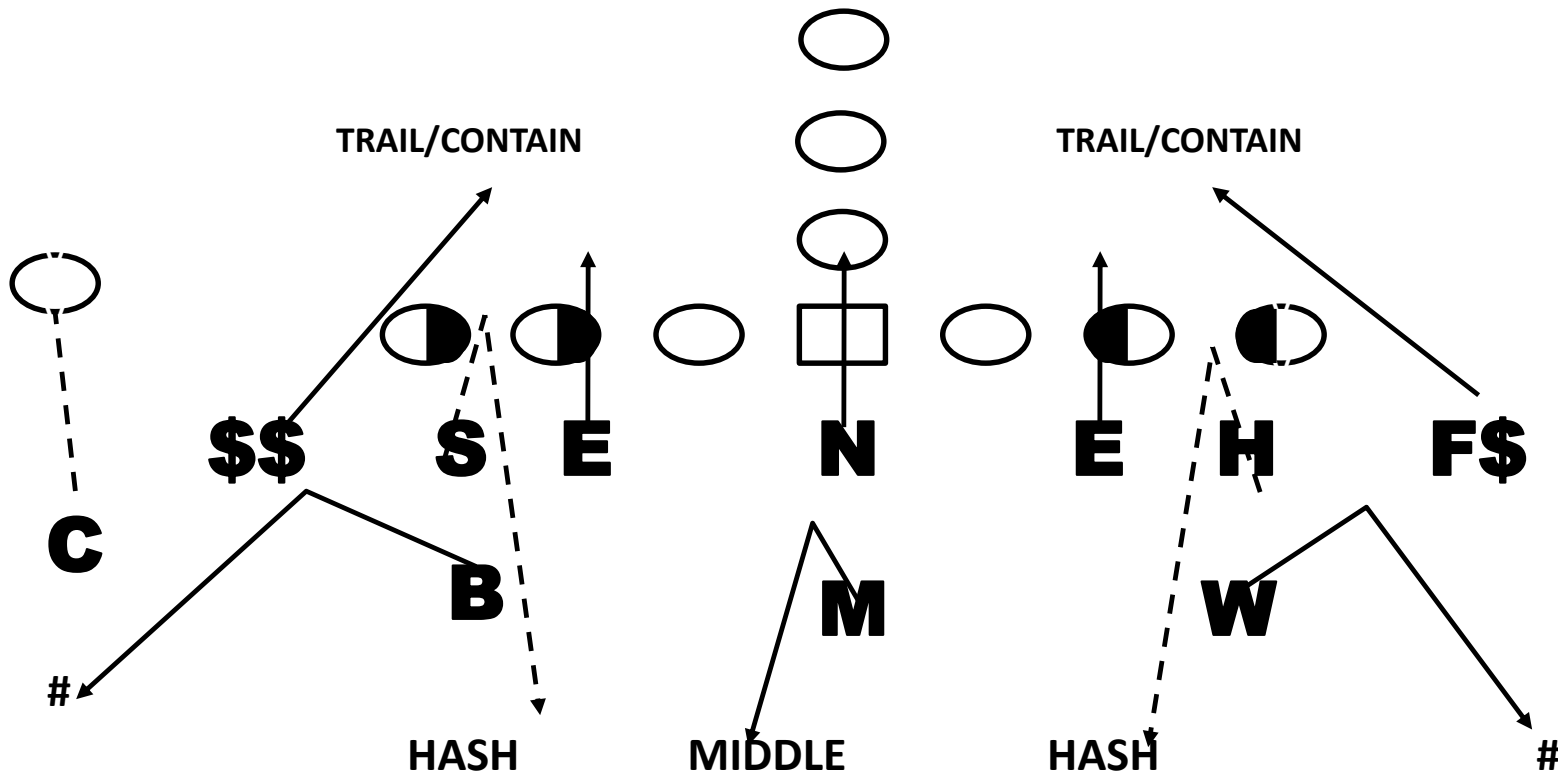
GOAL LINE AND SHORT YARDAGE DEFENSES

BASE BACKER (WE CAN ALSO GO MAN TO MAN)



- CORNER- - OWN #1 MAN TO MAN, LOOK TO COMBO IN CERTAIN CALL
- \$\$/F\$ - MUST FORCE RUN INSIDE, MUST MATCH OUTSIDE ROUTES- NUMBERS PLAYER
- SAM & HAWK - D GAP RUN, SPILL ALL BLOCKS, TRAIL AND CONTAIN
- ENDS- - B GAP, 4i TECH, 4 POINT STANCE
- NOSE- - PLAY EITHER A GAP MIKE WILL CALL "LIZ OR RIP"
- BACKER & WILL- FLOW AWAY- CHECK A GAP AND GAIN LEVERAGE TO BALL, FLOW TO- FILL C GAP AND SPILL RUNS OUTSIDE, PASS- HASH
- MIKE - INSIDE FLOW- FILL A GAP, OUTSIDE FLOW- GAIN LEVERAGE TO BALL, PASS- MIDDLE K.O. CROSSIN ROUTES

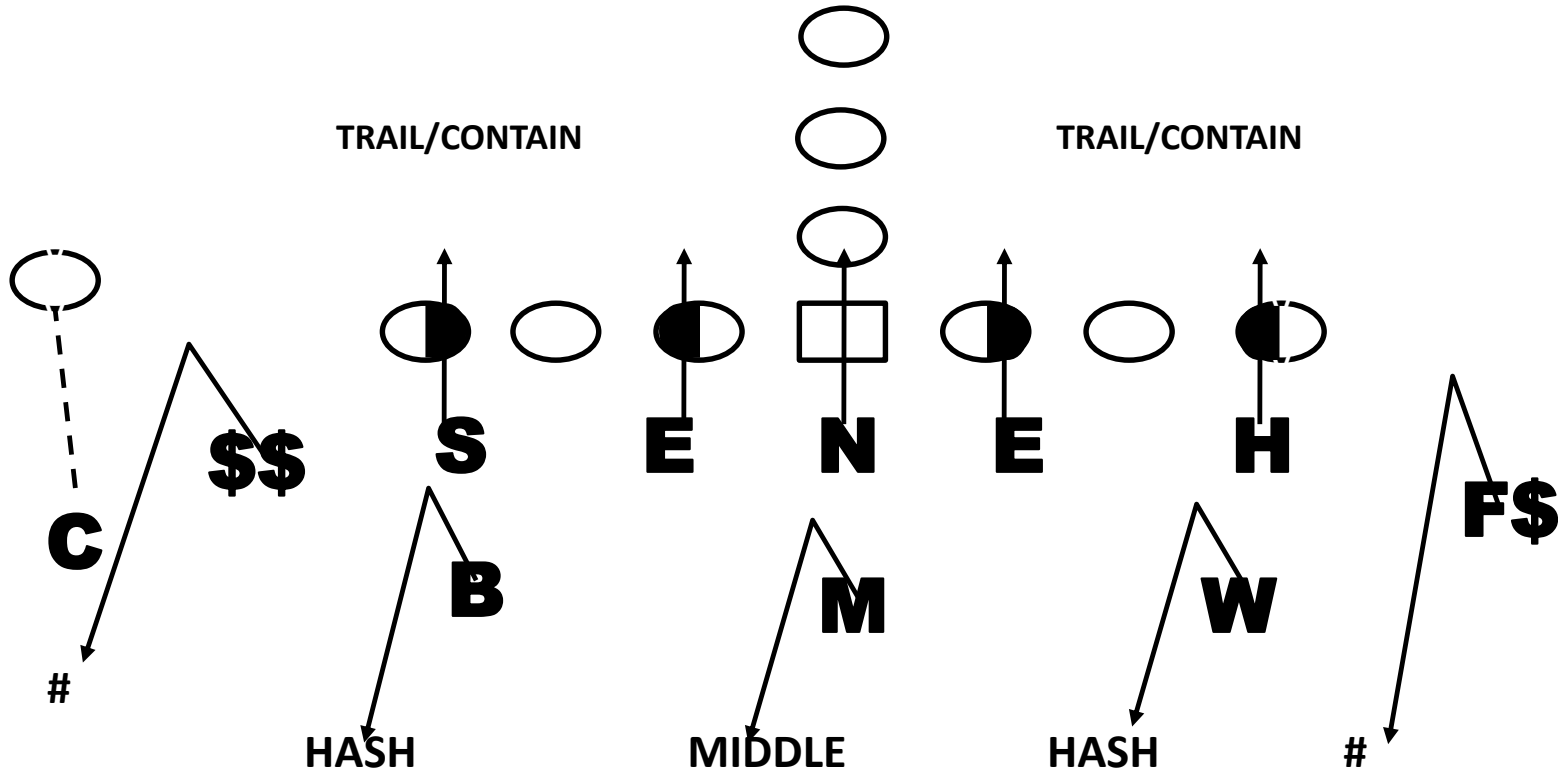
BASE SMOKE (WE CAN ALSO GO MAN TO MAN)



- CORNER- - OWN #1 MAN TO MAN, LOOK TO COMBO IN CERTAIN CALL
- \$\$/F\$ - D GAP RUN TO- SPILL ALL BLOCKS, RUN AWAY- TRAIL AND CONTAIN
- SAM & HAWK - C GAP RUN, 7 TECH. JAM TE, HASH VS THE PASS
- ENDS- - B GAP, 4i TECH, 4 POINT STANCE
- NOSE- - PLAY EITHER A GAP MIKE WILL CALL "LIZ OR RIP"
- BACKER & WILL- FLOW AWAY- CHECK A GAP AND GAIN LEVERAGE TO BALL, FLOW TO- FIT OFF THE SAFETY, PASS- #'S
- MIKE - INSIDE FLOW- FILL A GAP, OUTSIDE FLOW- GAIN LEVERAGE TO BALL, PASS- MIDDLE K.O. CROSSIN ROUTES

BASE BEAR (WE CAN ALSO GO MAN TO MAN)

Next

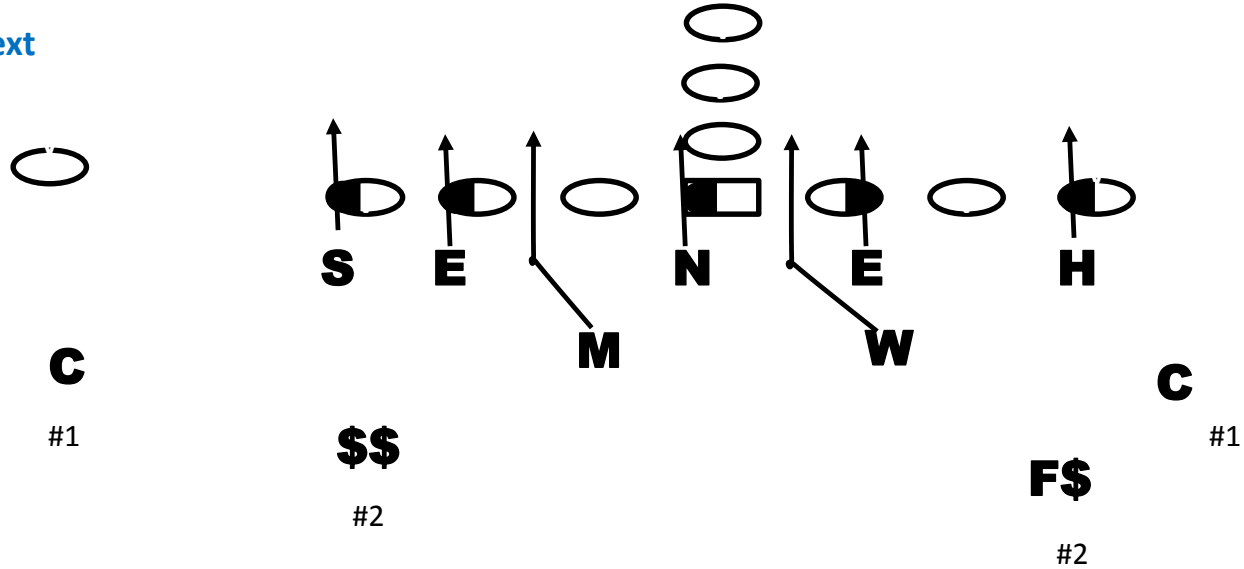


- CORNER- - OWN #1 MAN TO MAN, LOOK TO COMBO IN CERTAIN CALL
- \$\$/F\$ - MUST FORCE RUN INSIDE, MUST MATCH OUTSIDE ROUTES- NUMBERS PLAYER
- SAM & HAWK - C GAP RUN, 7 TECH, TRAIL AND CONTAIN
- ENDS- - B GAP, 3 TECH, 4 POINT STANCE
- NOSE- - PLAY EITHER A GAP MIKE WILL CALL "LIZ OR RIP"
- BACKER & WILL- FLOW AWAY- CHECK A GAP AND GAIN LEVERAGE TO BALL, FLOW TO- D GAP AND SPILL RUNS OUTSIDE, PASS- HASH
- MIKE - INSIDE FLOW- FILL A GAP, OUTSIDE FLOW- GAIN LEVERAGE TO BALL, PASS- MIDDLE K.O. CROSSIN ROUTES

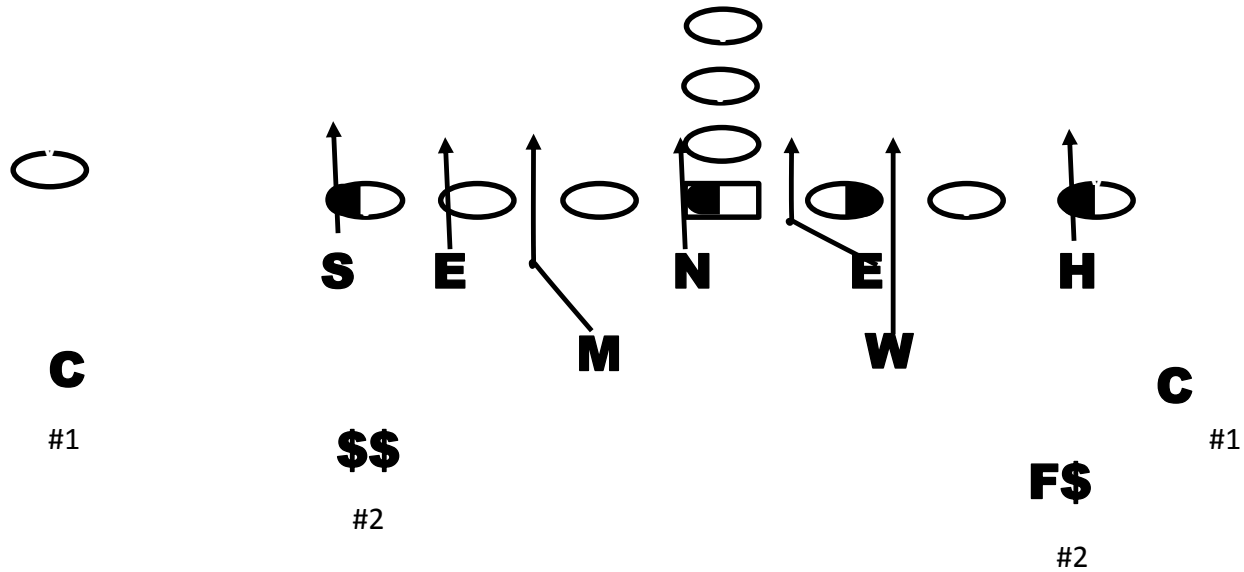
Hawk GO (MAN TO MAN) ALERT "COMBO", SAM/Hawk BLITZ PEEL VS #3 ^{TC}

Previous

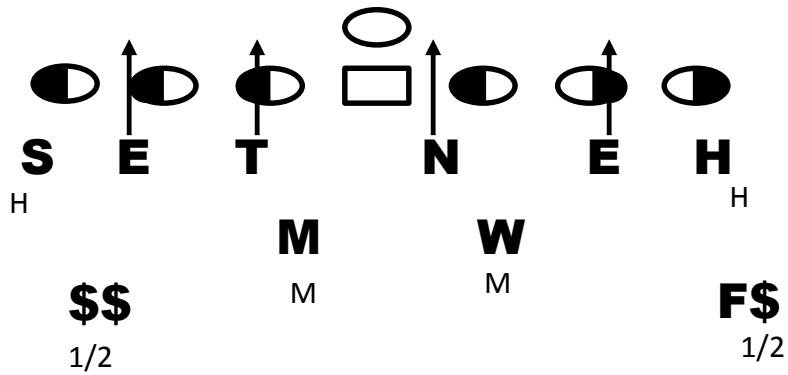
Next



Hawk SHADOW GO (M TO M) ALERT "COMBO", SAM/WILL BLITZ PEEL VS #3

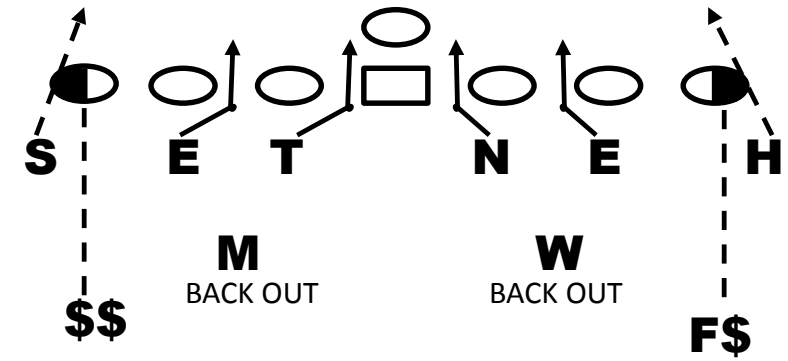


SHORT YARDAGE



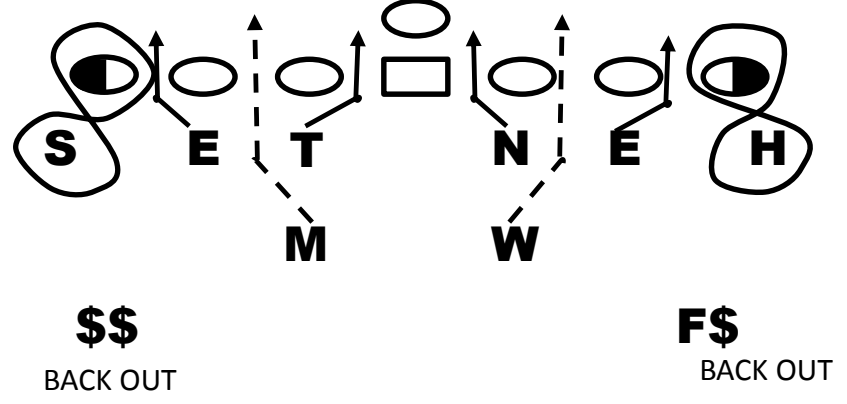
SHORT YARDAGE PINCH + FIRE

TC

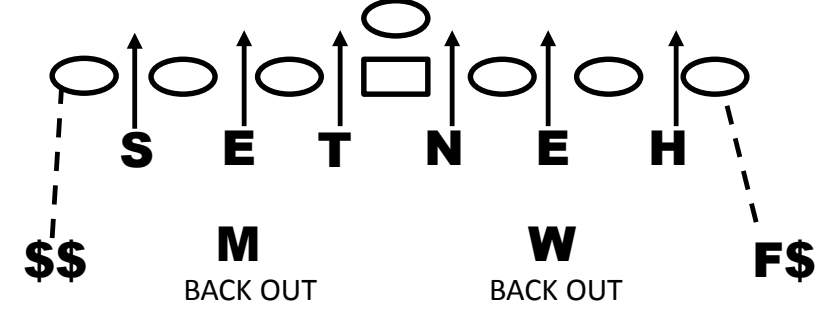


VS. 1 BACK BACKER OWNS TE, \$ OWNS BACK OUT, VS EMPTY \$'S - BACKS

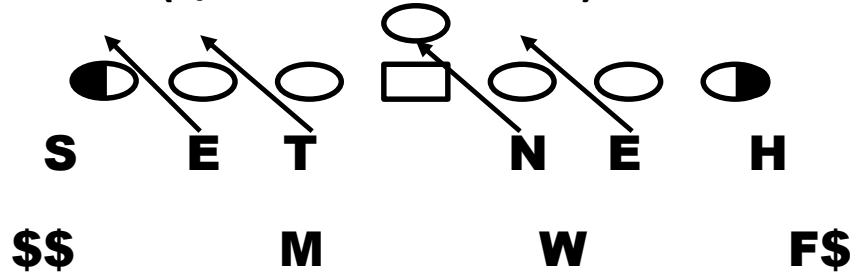
SY SPLIT (ALSO SY SPLIT BULLET- moon)



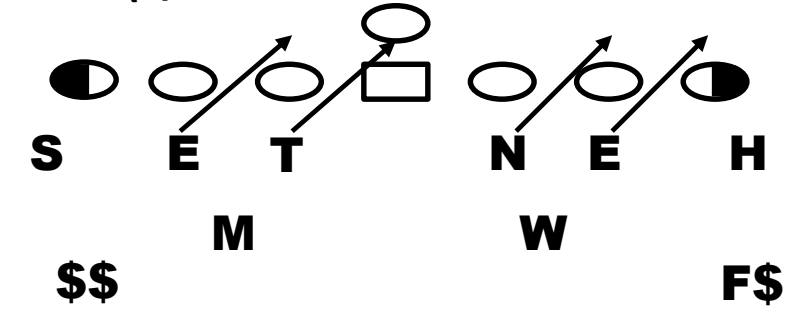
SY GUTS

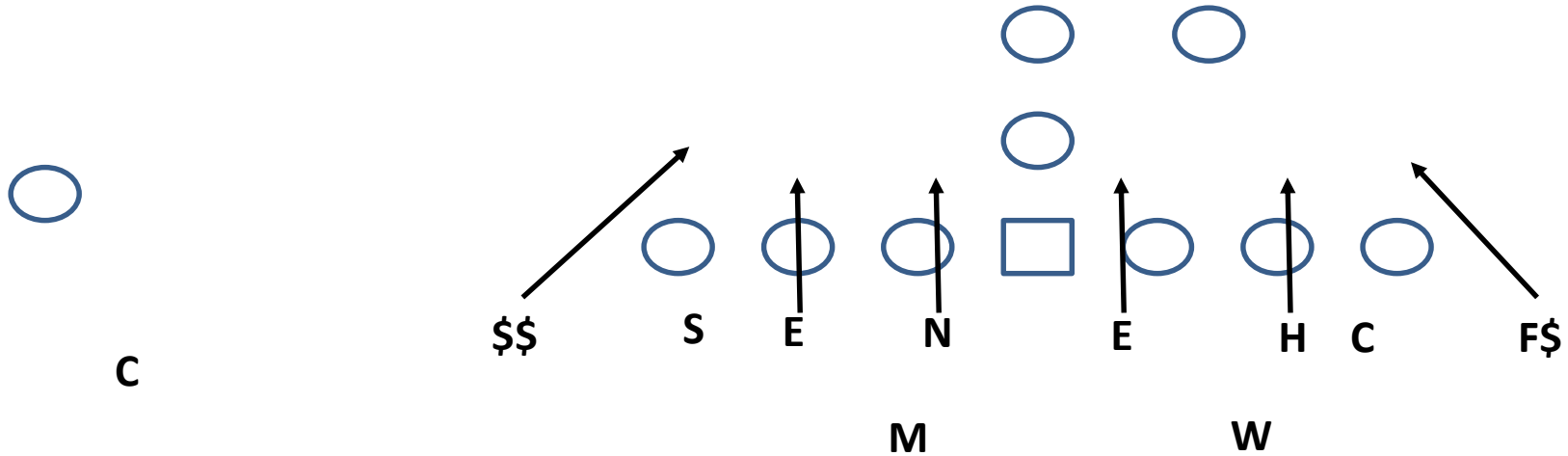


SY SLANT (S/H CAN BE TAGGED)



SY WHIP (S/H CAN BE TAGGED)





C's - #1, if aligned as an end "up technique", all man to man goal line moon

\$\$/F\$- Drive off the edge- you are force/contain

\$- # 2 strong- if aligned on a tight end- "up technique"

W- # 2 weak or 3 strong- if aligned as an end "up technique"

SE/H- If aligned to a TE side- 4 tech. and attack, if aligned to an open end- 5 technique

N/RE- 1 technique- attack

M- back out to side away from W

Coverage

COVER 4 (Silver) AND VARIATIONS- silver, wheel, switch, bump invert, over, bail, press

Cover 4 (Silver)- 2 read

COVER 2(Blue) – bump and over

Cover 2/4 can be checked to cover 6= $\frac{1}{4}$, $\frac{1}{4}$, $\frac{1}{2}$

COVER 3 (red) AND VARIATIONS- roll st/wk/choice, invert, 3 wk, 3 strg, 3 choice, spy

COVER 8 AND VARIATIONS- deuce, lock, safe, roll, spy, pirate, falcon, black

Cover 6 (White) choice, boundary, field, strong

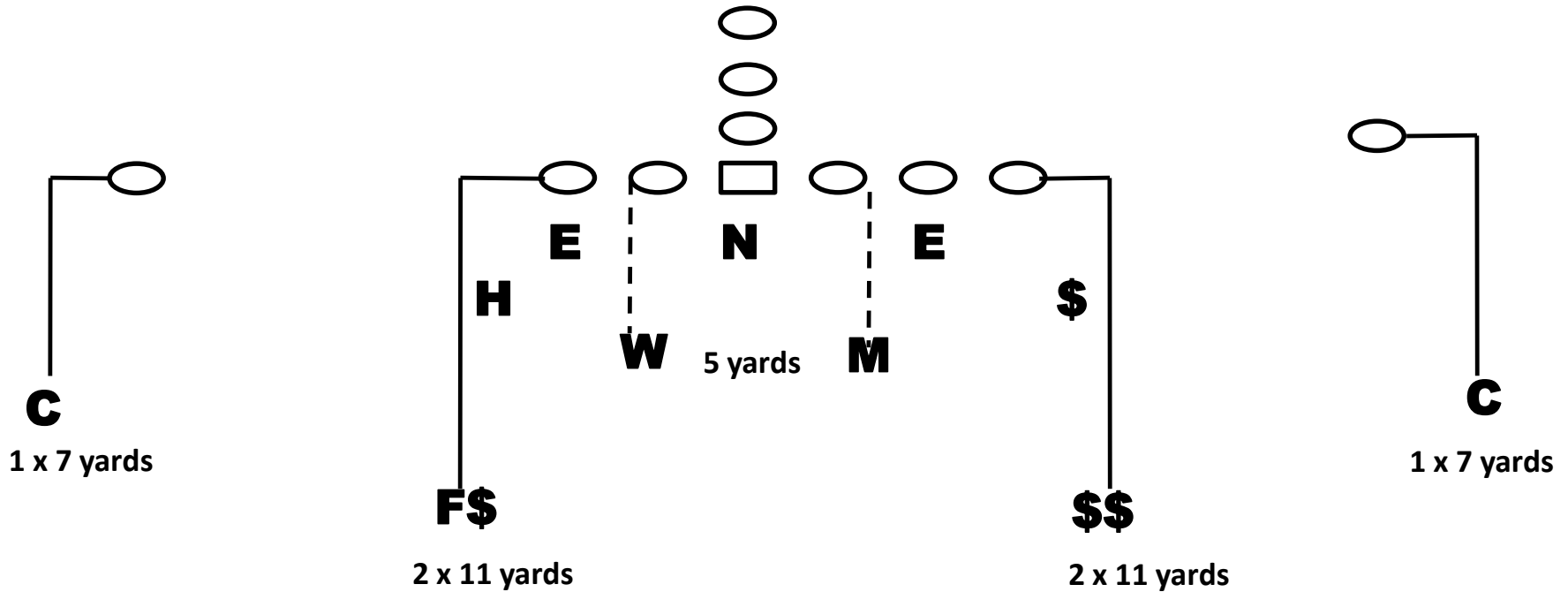
COVER 1- (Black)- man free, Raider- rob the run and rob the pass

COVER 0 (Green)- free, 0, double

33- zb/ rob/spy

Purple- show 3 run 2

Secondary Shell



Whenever possible we want to show the same look prior to every snap

Our Down Lineman will show the base look as much as possible and stem prior to snap

Our LB's and DB's want to hold the pre-snap shell for as long as possible before the snap. Our formations, motions, blitzes, and down and distance may force us to get out of the secondary shell

Hold shell for as long as possible and practical

I. Basic Principles for playing good Zone defense

1. A zone drop is executed by taking a drop step toward your landmark. The defender is always keeping his head on a swivel, looking for the deepest threat to enter his zone while maintaining eye sight on the quarterback.
2. We are staying out of the **no cover zone**- 7 yards deep from the LOS.
3. Always have eyes on the Quarterback.
4. Play the deepest man in your zone and break on the shallow routes.
5. Stay inside and underneath the receiver at all times- stay in the throwing window- make the QB throw the tough outside throw
6. Try to collision receivers who enter your zone but don't let this disrupt your drop. If the receiver has to go around you then you have done your job.
7. Read the QB's eyes, shoulder and arm action- melt to the QB's shoulder break on the ball when long are comes off the football
8. Don't cover grass- cover receivers that enter your zone
9. Communicate!!!!!!
10. Always know the answer to the following three questions:
 - a. What is your zone responsibility?
 - b. Who is the 1st threat to your zone?
 - c. Where is your help?

Under Coverage Zones

50



50

<p>Flat</p> <p>Read 2-1-3</p> <p>Curl to flat</p> <p>Back out</p>	<p>Numbers</p> <p>Landmark =Top of #'s</p> <p>Depth 12-15 yds</p> <p>cover Curl to Flat, read 2-1-3</p>	<p>Hash</p> <p>Landmark = Hash</p> <p>Don't expand off of hash until ball is thrown</p> <p>Control #2</p> <p>Depth 12-15 yds</p> <p>cover Hook to Curl, slant read 2-1</p>	<p>Middle</p> <p>Landmark = middle depth</p> <p>Control #3</p> <p>Depth 12-15 yds</p> <p>cover middle hooks and crossers</p> <p>Read 3-2-1</p>	<p>Hash</p> <p>Landmark = Hash</p> <p>Don't expand off of hash until ball is thrown</p> <p>Control #2</p> <p>Depth 12-15 yds</p> <p>cover Hook to Curl, slant read 2-1</p>	<p>Numbers</p> <p>Landmark =Top of #'s</p> <p>Depth 12-15 yds</p> <p>cover Curl to Flat, read 2-1-3</p>	<p>Flat</p> <p>Read 2-1-3</p> <p>Curl to flat</p> <p>Back out</p>
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30

30

20

20

II. Playing the Different Zone Areas

A. The underneath Zones

1. Numbers Player (Cover 2, 3, 4, 33)

- a. Drop to the inside edge of the numbers- 12 to 15 yards deep. There is a 5 yard give or take both vertically and horizontally- depending on the threat to the zone.
- b. Read #2 to #1
- c. We want to Pad the vertical passing game- play inside and underneath the threat- make the QB put air under his throw.
- d. At 12-15 yards under cut all “L cuts” to outside and baseball turn all inside cuts– this is if there is only one pattern.

Corners playing Cover on the numbers

- A. Hard Corner- there is no # 2 threat or the #2 is a TE- play tight and bump at the LOS
- B. Soft corner- When number 2 is wide- back off to position where you can read 2 to 1
- C. Technique- kick-shuffle and slide for the 3-step game. Square to number 1 and get your hands on him
- D. Funnel- Funnel the receiver inside- get his shoulders parallel to the sideline- Get proper 12-15 yards depth
- E. When playing cover 2 vs a 3 x 1 set and its trips away- you have a wide #1 man to man vs any vertical

2. Hash Player (Cover 2, 3)

- a. Drop 12-15 yards to the middle of the hashed- there is a 5 yard give and take
- b. Read #3-#2-#1
- c. Pad the Vertical
- d. At 12-15 yards under cut all “L cuts” to the outside, baseball turn all inside cuts- if only one pattern in zone
- e. In Cover 3 vs trips. The hash player away from the trips becomes the “middle” player. He will open up and read off the number 3 receiver. He must get inside and underneath.
- f. **The front side hash player in cover 3 is the Spy-Flow fire player if contain is broken to that side.**

3. Middle Player (Cover 2 and 4)

- a. Drop 12 to 15 yards in the middle of the hashes
- b. Read #3 to #2
- c. Pad the Vertical
- d. At 12-15 yards under cut all “L cuts” to the outside, baseball turn all inside cuts- if only one pattern in zone
- e. **The middle in cover 2 and cover 4 is the Spy-Flow fire player if contain is broken.**
- f. **Always run with a vertical route by #3**

B. Deep Zone Areas

1. 1/3 zone players- Play pass until ball crosses the LOS- Don't get beat on playaction

- a. Read through the 3 step game before bailing
- b. Eyes on the Quarterback
- c. All 1/3 defenders should break on the ball at the same time
- d. Always be deeper than the deepest receiver
- e. Maintain a 15-17 yard relationship with the other 1/3 players
- f. Control back pedal when there is no deep threat
- g. Communicate- run, pass, and combination patterns that are developing
- h. Always break on the ball on the receiver's up field shoulder- if you break underneath you must make the interception

Outside 1/3 Players

- a. Vs split rec. Alignment 9 yards deep with a 3 yard adjustment either way- DD - Vs TE 7 x 1
- b. Align 1 to 5 yards outside the widest receiver- depends on position of the ball (hash or middle)
- c. Never align closer than 7 yards from the side line (**7 yard rule**)
- d. If you are aligned more than 15 yards from the middle 1/3 player- “Island” assume an inside position take away slant
- e. Get on the inside edge of the numbers and read the QB's eyes
- f. Vs. two deep receivers – split the receivers and break on the ball

Middle 1/3 player

- a. Align 12 yards deep- there is a 3 yard adjustment either way- DD
- b. Middle of the Hashes- depending on offensive formation you can adjust either way up to 1 yard outside the OT.
- c. If an outside 1/3 defender aligns more than 15 yards from you, give him an “Island” call
- d. Bail on the #3 receiver in trips.
- e. Get between hashes and read the Quarterback’s eyes

2. ½ players

- a. Execute a drop no more than 3 yards outside the hash, field position may shorten this but you should never drop inside the hashes
- b. Read the QB’s eyes, shoulder, and throwing motion at all times
- c. Never jump off the hash unless you are breaking on the ball
- d. The corners are controlling the #1 receiver so you are reading #2 to #1
- e. Vs. Trips formations- Safety to the trips- read #2 to #1, the Safety away from Trips read #3 to #1
- f. For the safety away from trips- if #3 doesn’t go vertical than your only vertical threat is number 1 to your side.

Man to Man techniques (0 coverage, man free, lock on)

I. 0 Coverage (Green) The is no middle help- there is nobody on the roof- respect the post pattern

Vertical Alignment- 7 yards (there is a 2 yard adjustment depending on down and distance)

Horizontal Alignment- align on the receiver's inside shoulder, unless he is within 5 yards from the Tackle then align on his outside shoulder (5 yard rule)- Never align closer than 7 yards from the sideline. Never allow your man to get to a head position. Keep the receiver in front of you- your alignment and technique must take away post- you have no help in the middle.

1. Key your man exclusively. "Keep your eyes on your luggage" Get to and maintain your buffer with in 1.5 seconds (too much cushion is as bad a too little)
Proper positioning on a buffer should be within arm's length of the receiver's hip. This is referred to as **control**.
2. If you lose control your #1 job is to get back into control.
3. When the receiver breaks take an angle through the receiver's up field shoulder- key the QB and ball only through your man.
4. Don't look for the ball until you hear a ball call or the receiver's hands and eyes tell you to.
5. If your man stalks block- come up under control and defeat the stalk- alert for stalk and go.
6. If your receiver cracks- call out crack and replace – be certain it isn't a crack and go
7. Be aware of the receiver's split- wide split- inside routes, tight split- out routes or crossers
8. Read the receiver's hips- the defender's hips should mirror the rec's hips. When he sinks his hips and shortens his stride he is making a cut.
9. When your buffer is threatened, turn and run to maintain it. Sink your hips (sit in the chair and whip your elbow.)
10. If you get beat deep- Don't panic just drop your head and sprint to the receiver's hip to regain control. Look to make a tackle.
11. If the ball is throw away from you release your man and get into proper pursuit.
12. Vs. Deep patterns Chew the Receiver's ear and focus on his hands and eyes,

II. Man Free Coverage (Cover 1) Black

The same as Cover 0 techniques except:

You have deep middle help- a safety is “on the roof”

Vertical Alignment- 4.5 yards to 7 yards

Horizontal Alignment- inside gap foot to 1 yard depends on talent outside

Safety in black - 10-11 yards deep make plays and take risk- more like robber

Vs 2 backs shade to 2 rec. side- in b gap,
Vs 1 back 3 x 1- shade to trips side no farther than tackle

Vs 1 back 2 x 2 – apex of triangle of the #1- no farther than tackle

Note: If the receiver is aligned 15 or more yards from the safety- “Island” call- the defender is now player cover 0 technique- back up to 7 yards and take an inside alignment.

III. Lock-on technique (2 safeties are deep- 11 yards) (cover 7) we are trying to force the QB to throw high into the S/C window

1. Align 4 yards and on the receivers inside shoulder (Gap foot- DB outside foot on rec. inside foot- up to 1 yard)
2. If you are covering a slot receiver (2/3) get a tackle read or **read the Quarterback, covering #1- eyes on your man**
3. **Don’t back pedal-** dead foot or chop your feet- get an jam on the receiver and skate your feet
4. Always maintain inside position- never let the receiver cross your face
5. Don’t get over extended on your jam- keep your feet moving- you will now be in a trail position on the receiver- CHEW his ear. **Touch and Trail**
6. **The Receiver should never catch the ball in front of you.**
7. Lock-on Press- the same as Lock-on except that you will now align close to the LOS (within arm’s length of the receiver) and Jam the receiver on the line- Don’t allow an inside release. **YOU WILL NOT GET A TACKLE READ.**
8. If receiver attempts to release inside – rip and force him over the top- execute a baseball turn or a man turn.
9. Look when the receiver flashes his hands

Note: All defenders in man coverage inside the 10 yard line will use the Lock-On technique.

Green (Cover 0)

TC

Front	43	Ram	Slam	Mace	52	53	Bear
Strong Corner	#1	#1	#1	#1	#1	#1	Z
Strong Safety	RB v. 2 backs Vs 1 back #2 wk, #3 strong	RB v. 2 backs Vs 1 back #2 wk, #3 strong	RB v. 2 backs Vs 1 back #2 wk, #3 strong	RB v. 2 backs Vs 1 back #2 wk, #3 strong	RB v. 2 backs Vs 1 back #2 wk, #3 strong	2 backs- C gap BO Vs 1 back #2 wk, #3 strong	
Free Safety	#2 rec. strength	#2 rec. strength	#2 rec. strength	#2 rec. strength	#2 rec. strength	#2 rec. strength	Replace Blitzer
Weak Corner	#1	#1	#1	#1	#1	#1	X
Sam	FB/Blitz	Tagged Blitz or Game plan	Blitz	FB to side FB- away- low spy	DE or Blitz	DE	TE
Mike	FB/Blitz	Ram- combo FB Ram- fire- FB	Slam- combo FB Slam Fire- Blitz	Blitz	Combo/Isolate FB/QB Or blitz	FB low spy 1 back- combo	Backs
Will	FB/Blitz	Ram- combo FB Ram Fire- Blitz	Slam- combo FB Slam- fire- FB	Blitz	Combo/Isolate FB/QB Or blitz	2 backs- C gap BO 1 back- combo	Backs
Hawk		Blitz	Tagged Blitz or Game plan	FB to side FB- away- low spy	DE or Blitz	DE	150

Black (Cover 1)

TC

Front	43	Ram	Slam	Mace	52	40	Bear
Strong Corner	#1	#1	#1	#1	#1	#1	#1
Strong Safety	#2 strong Give “trio” call to backer	#2 blitz side or 3 away from blitz	#2 blitz side or 3 away from blitz	FB or #3 strong vs trips “Trio” call if time	#2 strong	RB v. 2 backs Vs 1 back #2 wk, #3 strong	
Free Safety	Free	Free	Free	Free	Free	Free	Free
Weak Corner	#1	#1	#1	#1	#1	#1	#1
Sam	2 backs- BO 1 – back- #2 to side unless “trio” call- then #3	#2 away Alert “trio” Or Ace	Blitz	#2 – alert “trio”	DE	Nickel- 2 strong	Y
Mike	Blitz/QB 1 back – combo or iso	Ram- combo FB Ram- fire- 3 wk or fb	Slam- combo FB Slam Fire- Blitz	Blitz	Combo/Isolate FB/QB Or blitz	Combo/Isolate FB/QB Or blitz	Backs
Will	2 backs- BO 1 – back- #2 to side unless “trio” call- then #3	Ram- combo FB Ram fire- blitz	Slam- combo FB Slam- fire- 3 strong or FB	Blitz	Combo/Isolate FB/QB Or blitz	Combo/Isolate FB/QB Or blitz	Backs
Hawk		Blitz	#2 away from call or ACE	#2 – alert “trio”	DE	DE	

C- #1

C- #1

F\$- Free

\$-\$- #2 strong

N(W\$)- #2 weak or #3 strong

Non blitzing backer responsible for back (we will often substitute a dime back for the Sam and move the Sam down to End)

If empty

Motion- go with back

If lined up- take #3 strong, N- stays on #2 weak

Lock-on

TC

Front	40	30	Steel Curtain
Strong Corner	#1	#1	#1
Strong Safety	Free 12 yards using hash as guide	Free 12 yards using hash as guide	3 deep divider rule
Free Safety	Free 12 yards using hash as guide	3 deep divider rule	3 deep divider rule
Weak Corner	#1	#1	#1
Sam	Nickel -back #2 rec. strength	Nickel -back #2 rec. strength	Nickel -back #2 rec. strength
Mike	Dime - back #2 rec. weak #3 rec strong	#3 to side Combo Low spy/high spy Blitz	Weak Safety 3 deep divider rule
Will	Ace	#3 to side Combo Low spy/high spy Blitz	Ace
Hawk	DE	Dime - back #2 rec. weak	Dime - back #2 rec. weak Or 3 strong

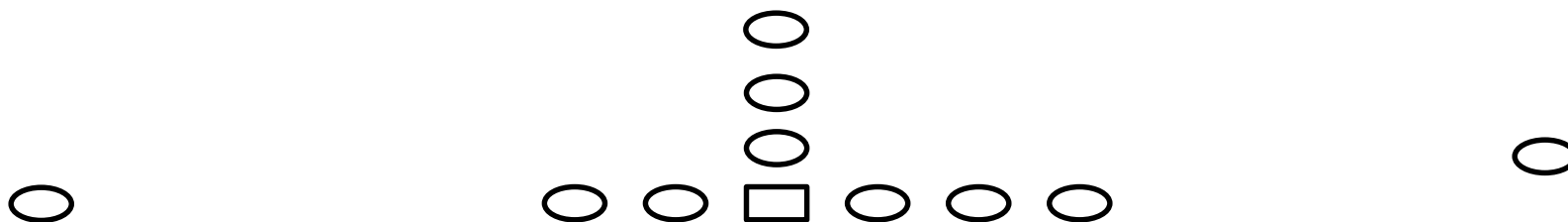
Note: Lock-on coverage is a pure pass defense.

We will sub for the Mike and the Sam in 40 Lock-on.

Often we will move the Sam to DE and sometimes the Mike to the DL

30 Lock-on provides us with more options and we may keep the Mike in and move the Sam and Hawk to DE.

Cover 2 (Blue)



No Cover Zone

Flat

Hash

Middle

Hash

Flat

1/2 Zone

- We are using this coverage to stop the pass
- Corners must control #1- disrupt their releases and routes
- Hash Player- 2-1 – control threats and sink- look for work- don't chase crossers
- Middle – once run clears get deep to the middle of the goal post- (MOF)
- 1/2 players- pass first- read keys and defend half

1/2 Zone

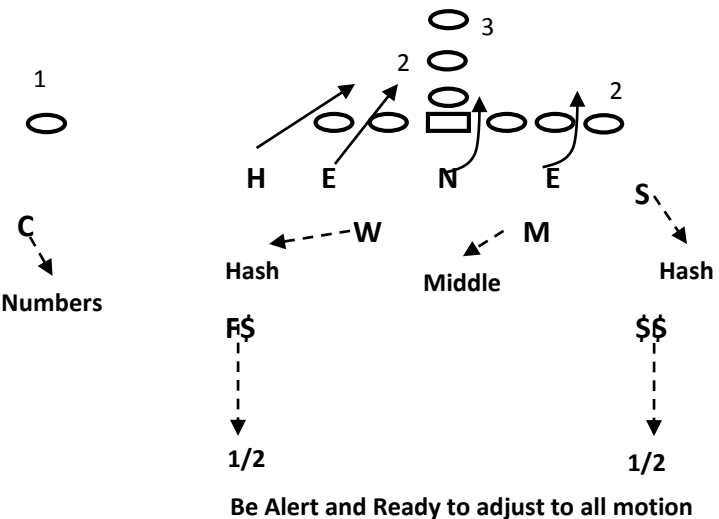
"Invert"

- Adjustment or a huddle call
- Vs. 1 rec or 1 rec + 1 Te to boundary
- C- 9 x 2 plays 1/2 expecting post #1
- \$- sky support just before snap- contain/numbers

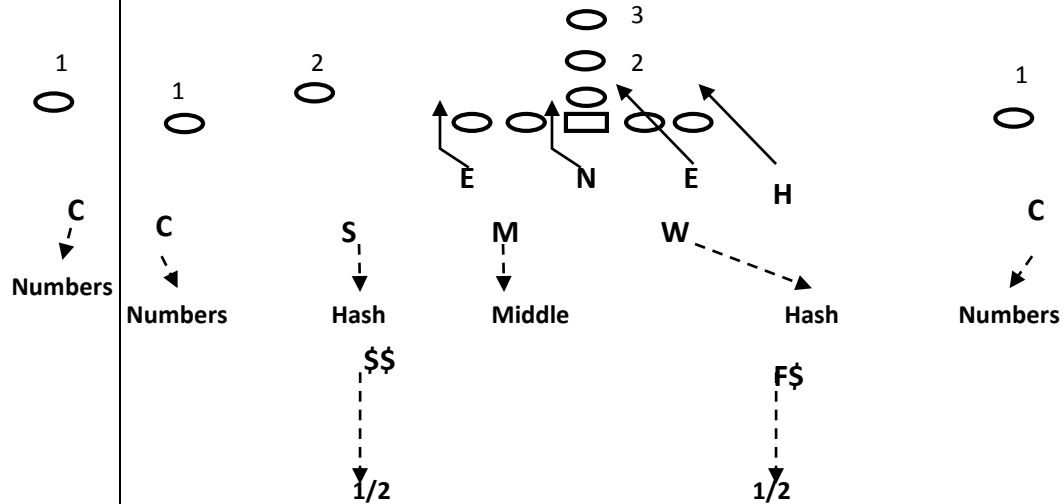
Position	Alignment	Key/Read	Pass Responsibility
Hash player	<p>Vs. tight # 2 – foot to 1 x 1 off #2</p> <p>Vs. removed #2- walk split #2 and T</p>	Q-2-1	<p>Drop 12-15 yards to the top of the hash- there is a 5 yard give and take</p> <p>Pad the Vertical</p> <p>At 12-15 yards under cut all “L cuts” to the outside, baseball turn all inside cuts- if only one pattern in zone</p>
Mike (middle player)	Front called	Q-3-2-1	<ol style="list-style-type: none"> a. Drop 12 to 15 yards in the middle of the hashes b. Read #3 to #2 c. Pad the Vertical d. At 12-15 yards under cut all “L cuts” to the outside, baseball turn all inside cuts- if only one pattern in zone e. The middle in cover 2 and cover 4 is the Spy-Flow fire player if contain is broken. f. Always run with a vertical route by #3
Corners	<p>Vs. #2 in backfield/TE- press Gap foot #1 to outside - funnel</p> <p>Vs. #2 that is removed 1 x 7</p>	Q-2-1	<ol style="list-style-type: none"> A. Technique- kick-shuffle and slide for the 3-step game. Square to number 1 and get your hands on him B. Funnel- Funnel the receiver inside- get his shoulders parallel to the sideline- Get proper 12-15 yards depth C. When playing cover 2 vs a 3 x 1 set and its trips away- you have a wide #1 man to man vs any vertical
Safeties	<p>Free 12 yards using hash as guide</p>	Q-2-1	<ol style="list-style-type: none"> a. Execute a drop no more than 3 yards outside the hash, field position may shorten this but you should never drop inside the hashes b. Read the QB’s eyes, shoulder, and throwing motion at all times c. Never jump off the hash unless you are breaking on the ball d. The corners are controlling the #1 receiver so you are reading #2 to #1 e. Vs. Trips formations- Safety to the trips- read #2 to #1, the Safety away from Trips read #3 to #1 f. For the safety away from trips- if #3 doesn’t go vertical than your only vertical threat is number 1 to your side.

Pro

Be Alert and Ready to adjust to all motion



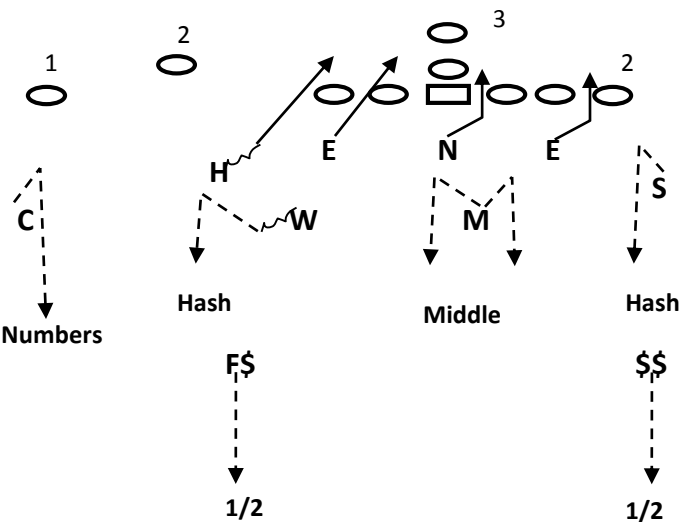
Slot- open



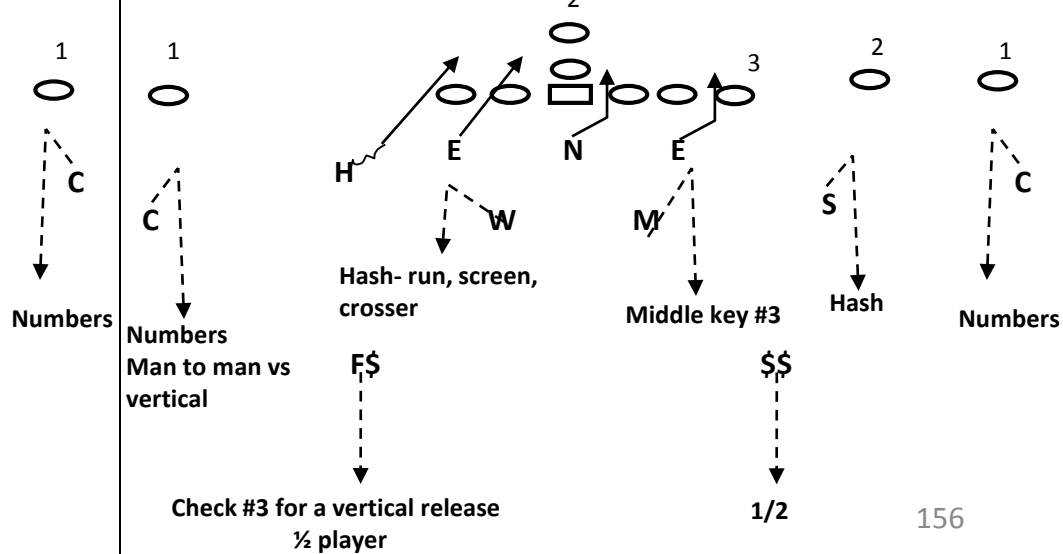
Note: SAM there is no Stay in Cover 2- you are the hitman

Spread

Be Alert and Ready to adjust to all motion



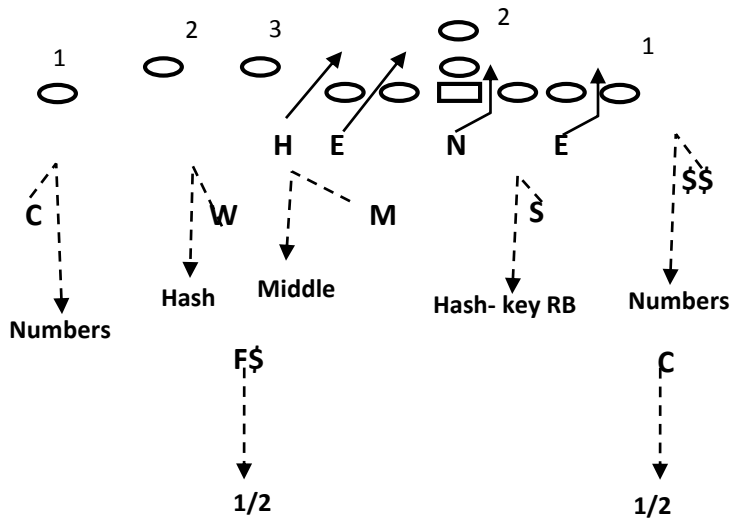
Heavy- we can check 3 strong or 54 tug rock



Man to man vs vertical

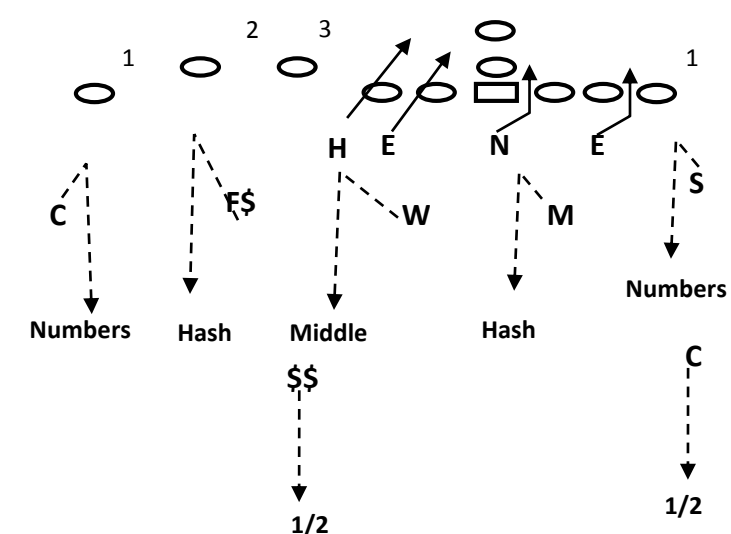
Check #3 for a vertical release 1/2 player

Trips – “Bump” and “Invert” call or 6 or 3 strong



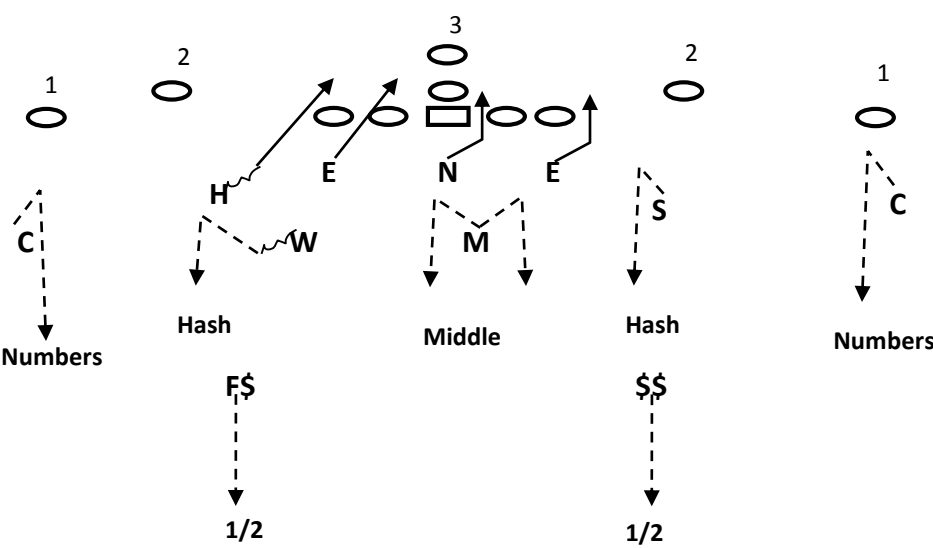
\$\$/C- invert- \$\$ plays D gap,
 C plays 1/2
 Sam bumps reads B to A- hash player
 Mike- A gap middle
 Will- walks – D- hash player on #2
 If motion occurs everyone bumps back.
 \$\$- Jams #1
 Corner stays on 1/2
 In just “bump”
 C- plays D gap
 \$\$ would play 1/2

Trips – “Over” call- we can also check 6 or 3 strong

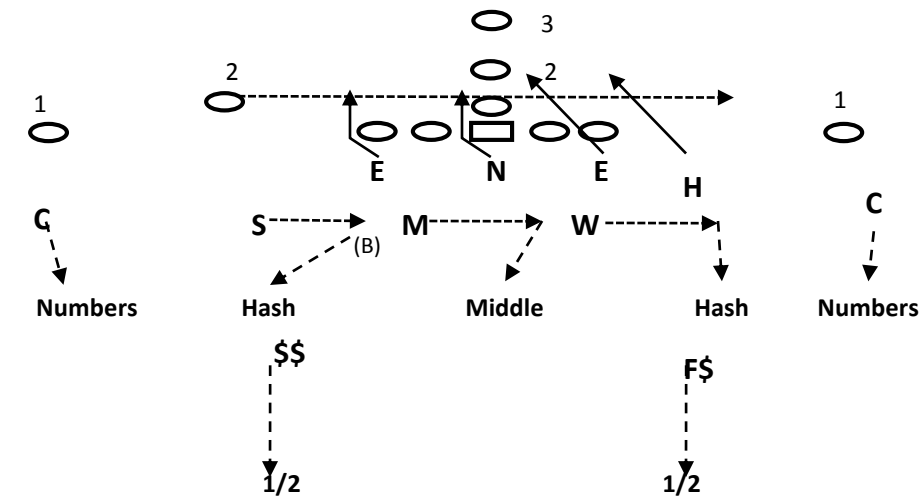


\$\$/SC- play 1/2
 Sam- d gap – numbers- own flat- crossers
 Mike- hash
 Will- middle
 F\$- rock down- d gap/ hash
 Be ready for motion back
 Cover 6- 1/4, 1/4, 1/2

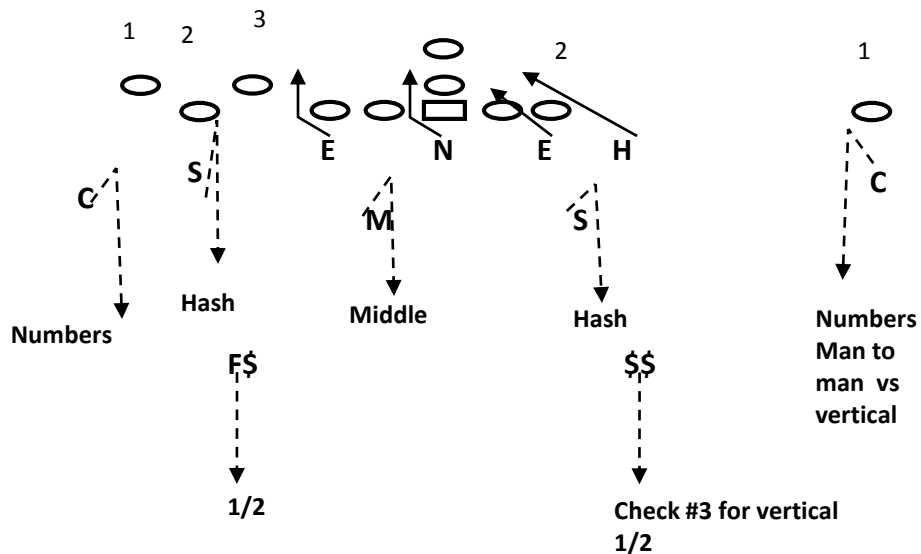
Double slot



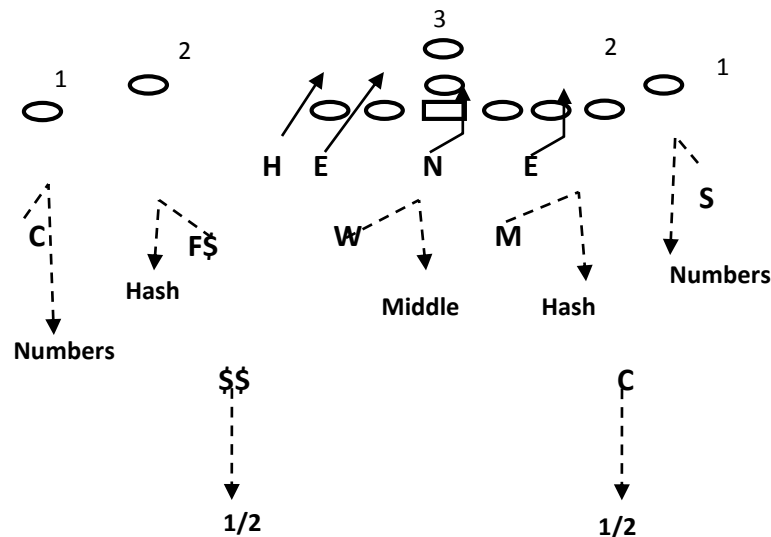
Flex to Flex – LB’s adjust SAM now has b gap



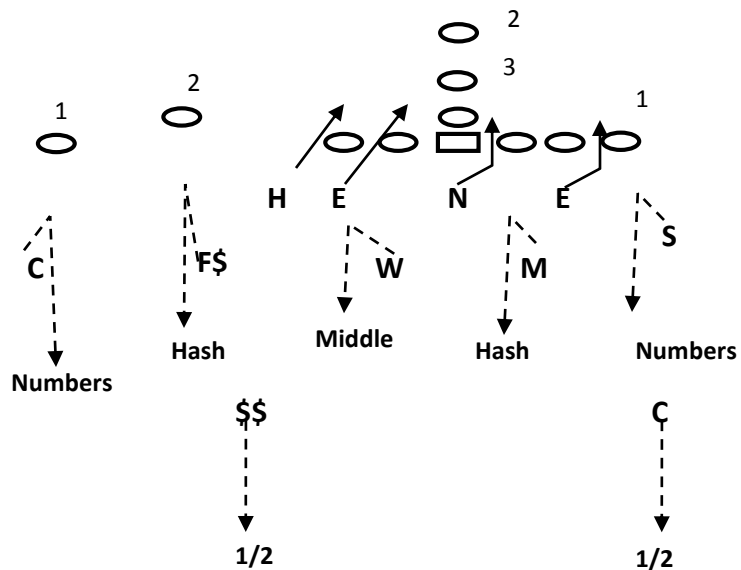
Bunch open- Hash player to the Bunch – jams #2



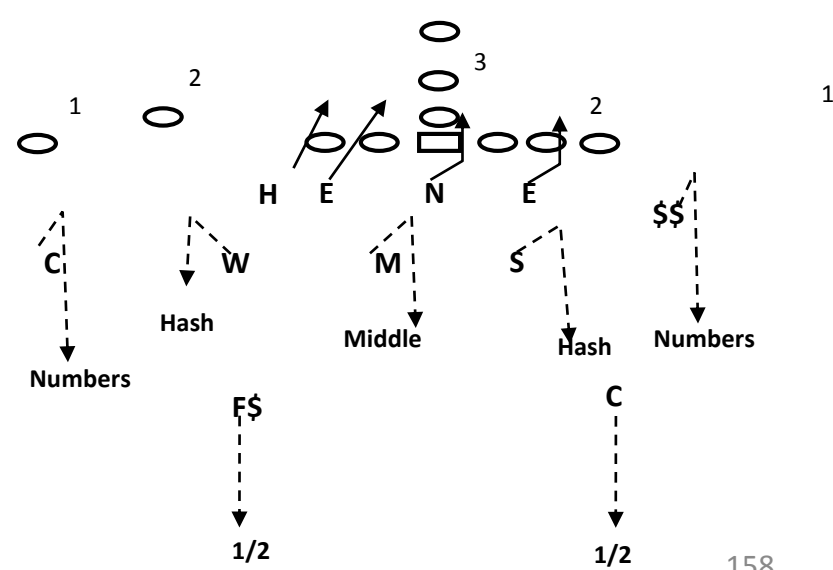
Double- "Over" Check or check cov. 6 (1/4, 1/4, 1/2)



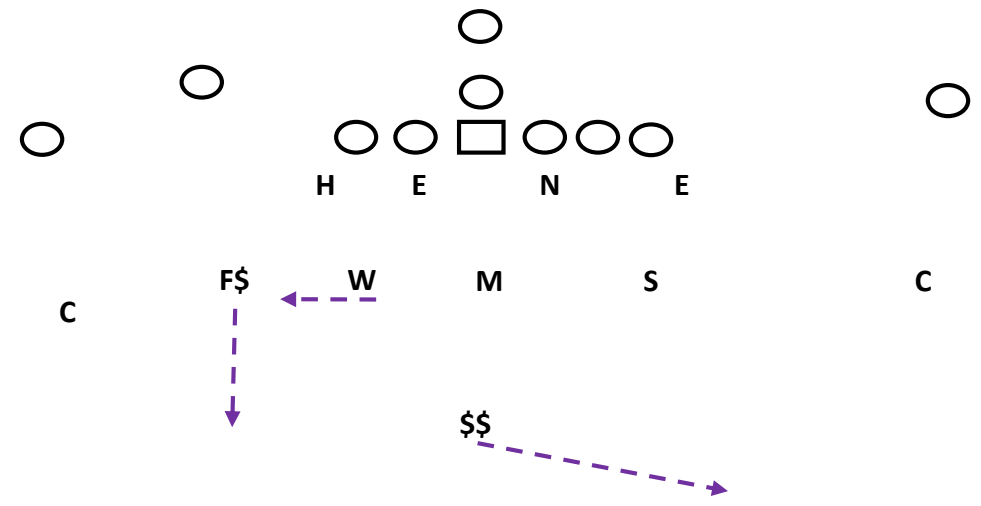
Slot- "Over" call or check cov. 6 (1/4, 1/4, 1/2)



slot "Invert ""Bump" Call



Purple- disguise cover 2 by showing 3 weak then rotating late (pre snap) to Cover 2



Mask 3 strong

Show 3 weak then re-rock (trigger) to 3 strong

Mask 3 weak

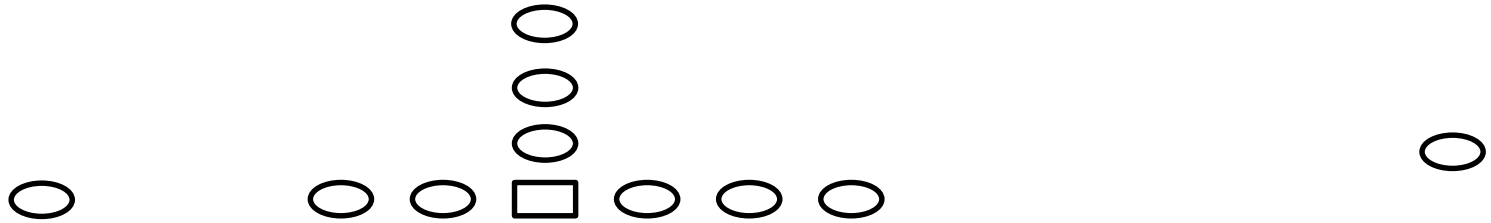
Show 3 strong then re-rock (trigger) to 3 strong

Mask Rock

Rock down safety opposite of blitz pre-snap
Post snap or just before snap- trigger safeties to blitz

Cover 3 (red)

- 3 weak
- 3 strong
- 3 roll weak
- 3 roll strong
- 3 invert
- 3 spy



No Cover Zone

Numbers

Hash

Hash

Numbers

1/3 zone

1/3 zone

1/3 zone

- Coverage used to get 8 in the box and stop the run
- Eliminate window throws by making the QB throw outside the window
- We should never get beat deep

Who can threaten your zone? Where is your help?

Never break on patterns less than 5 yards unless ball is in air (no cover zone)

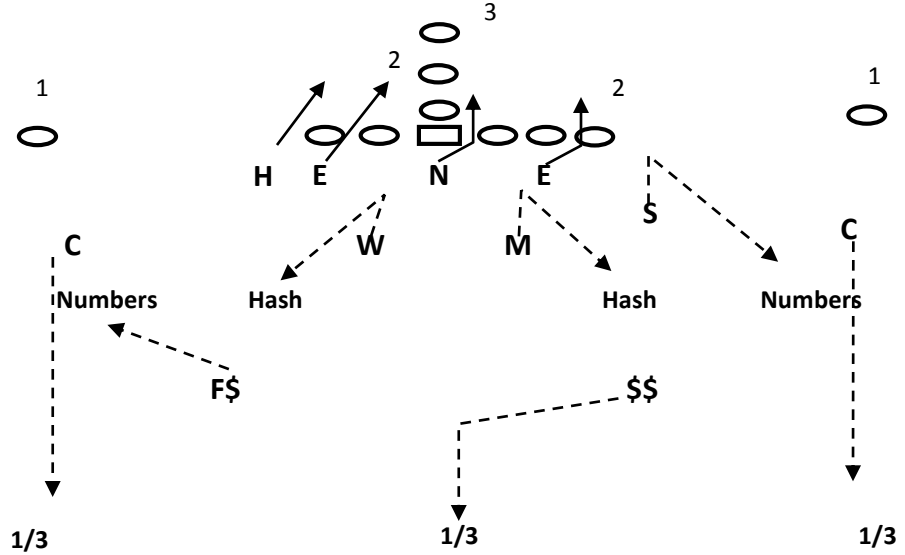
Position	Alignment	Key/Read	Responsibility
#'s player	<p>4 yards deep</p> <p>Vs 1 rec-split #1 & T</p> <p>Vs. 2 rec GF #2</p> <p>Vs trips- game plan</p> <p>Vs. TE- closed stance</p>	<p>Tackle</p> <p>2-1-3</p>	<p>landmark- top of #'s</p> <p>S.C.I.F.- X</p> <p>Carry #3 or back- wheel</p> <p>Alert "Cross"</p> <p>Lone dove away from trips</p>
Hash player	Depends on Front	<p>Guard</p> <p>3-2-1</p>	<p>Landmark inside hash (hook curl)</p> <p>Alert for backer pop (hot on #3)</p> <p>Sprint to- spy flow-fire</p> <p>Sprint away- middle hook</p>

Position	Alignment	Key	Responsibility	Technique
<p>Corner Outside 1/3</p>	<p>8-10 yards 1 x 7 off of #1</p> <p>Divider is 9 yards from sideline.</p> <p>Never align outside the divider</p>	<p>QB- 2-1</p>	<p>outside deep 3rd deeper than deepest wide as widest</p>	<p>flat foot through step (read- shuffle) key #2 #2 in/block- aggressive on #1- squeeze #2 vertical- backpedal weave to mid-point of zone cover #1 and #2 #2 out- back pedal see #2 through #1 – expect Wheel If to enter zone work to divider- key QB – and play ball</p>
<p>Safety Middle 1/3</p>	<p>10-12 yards Vs 2 backs- B gap (2 rec. side) Vs. 2 x 2- split #1's Vs. 3 x 1- over tackle</p>	<p>QB- 2/3-1</p>	<p>middle 1/3</p>	<p>flat foot through 3 step key #2 (2 rec side) #2 shallow in/block cross 1's guaranteed post help (QB) #2 vertical- past 10 yards - cover #2 out- post help expect to adopt #1 (QB)</p>

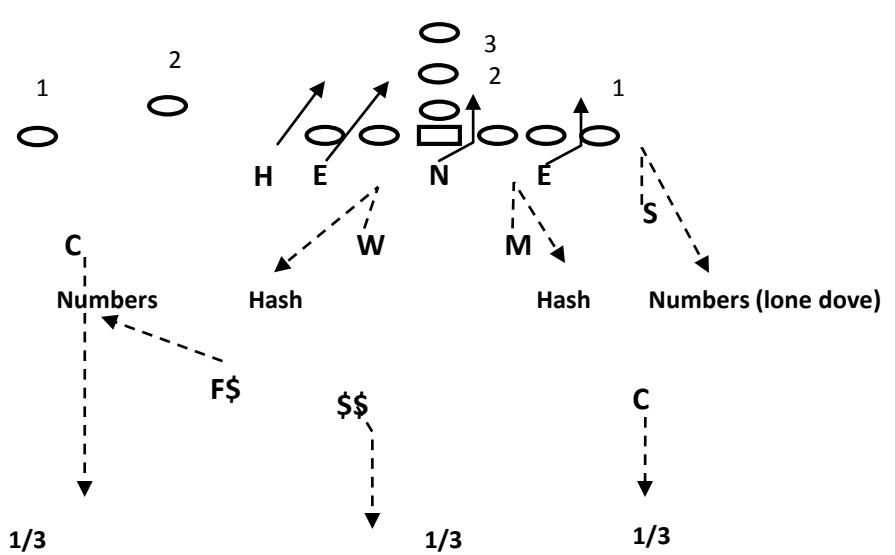
Coaching points-

- Vs 2 x 2- "Vicky" call pr check Copper
- Closed- ¼, ¼ ½ -
- Vs. 3 x1 possible danger call
- 15 yard rule- "island" Divider- 7 yard rule

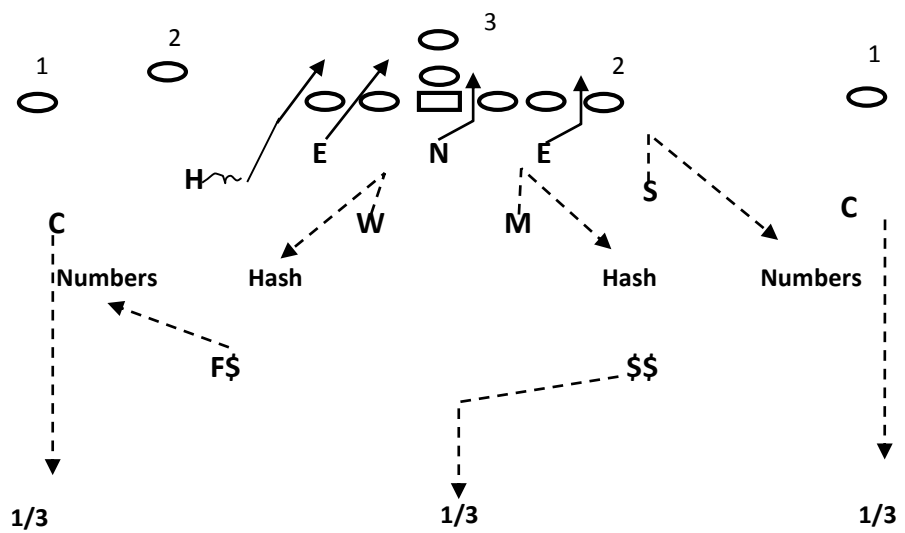
Pro



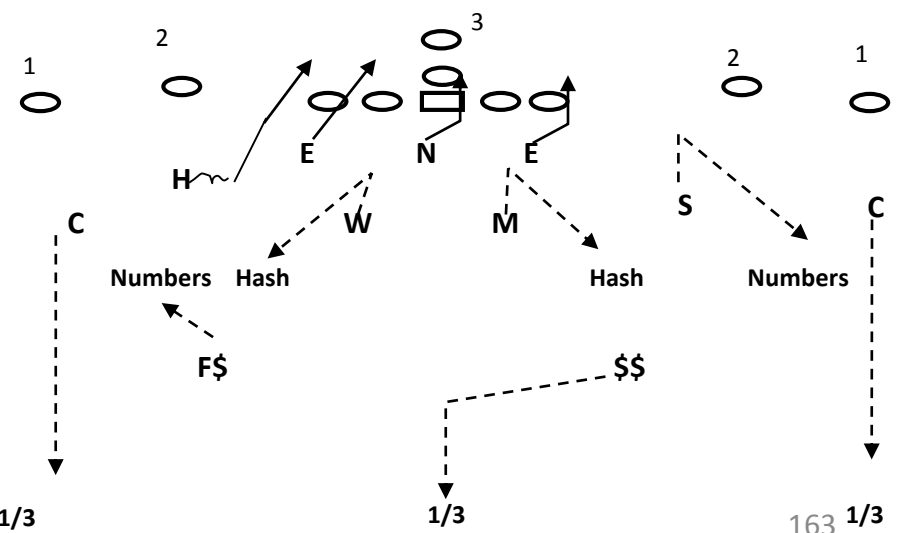
Slot- (note: we will often check 1/4, 1/4, 1/2 on the backend)



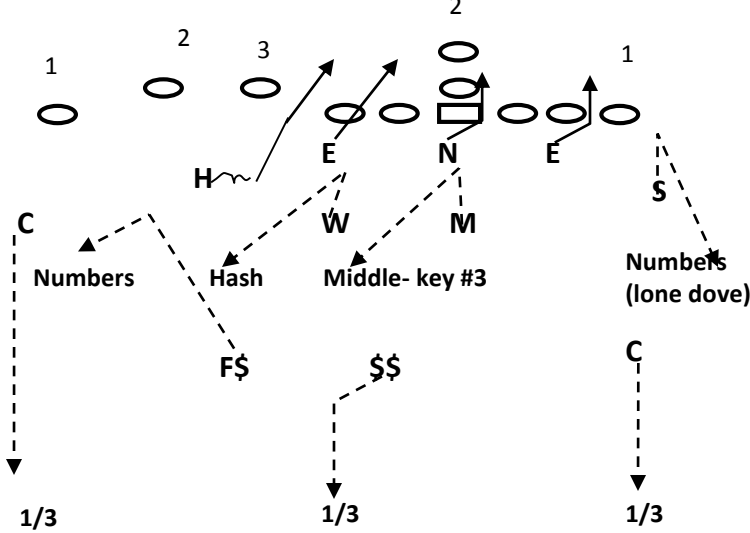
Spread - alert "Vicky" - F\$- man to man #2 if vertical, \$\$- favor #2 strg.



Double slot- alert "Vicky" - F\$ m/m on #2 if vertical- \$\$ favor #2 strg



Trips - (note: we will often check ¼, ¼, ½ on the backend) we can trigger, spy, or monster



Vs. Trips the backside Hash becomes the Middle player in order to help with a vertical by #3.

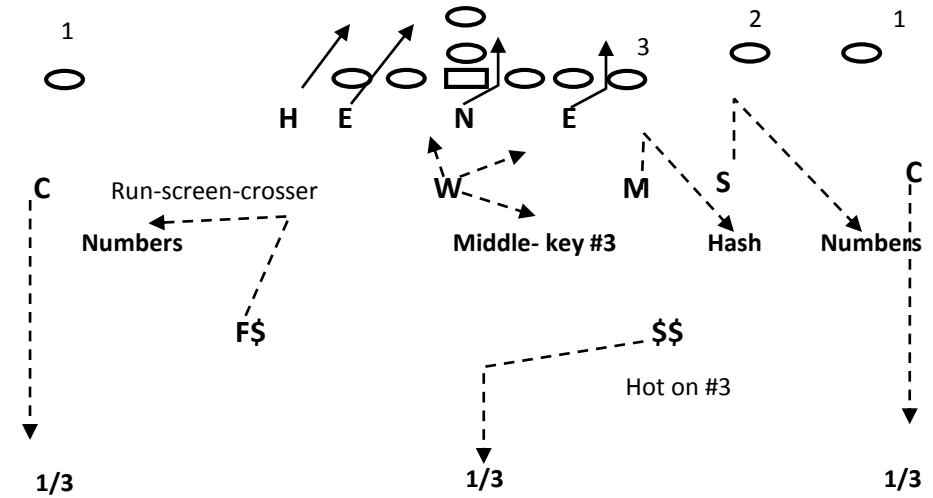
The Middle 1/3 player must be aware for a hot seam by #3 – he can use the bail technique.

The backside #'s player is thinking run-screen-crosser

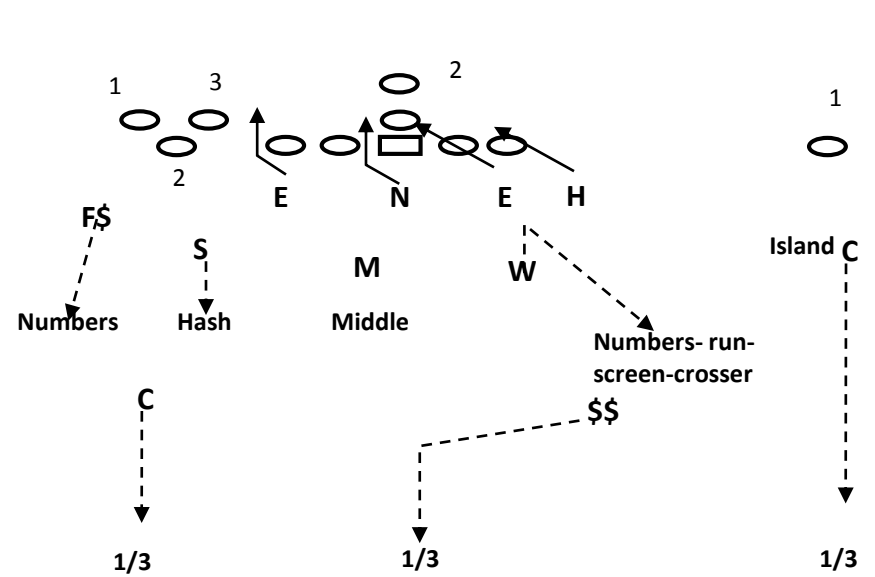
Heavy- (backside hash- now middle player- help with vertical by #3)

We will often trigger the safeties and it becomes 3 strong or check 54 tug rock

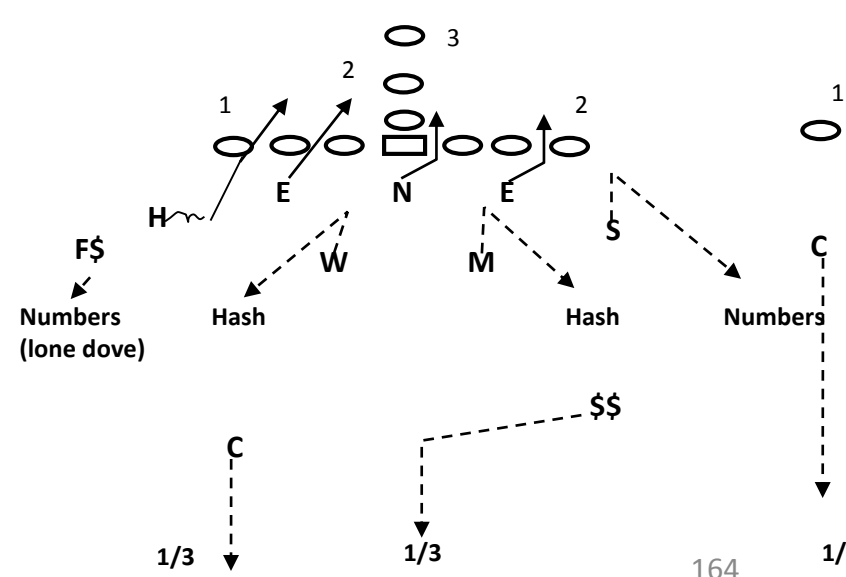
We can also monster- trigger \$ mm #2



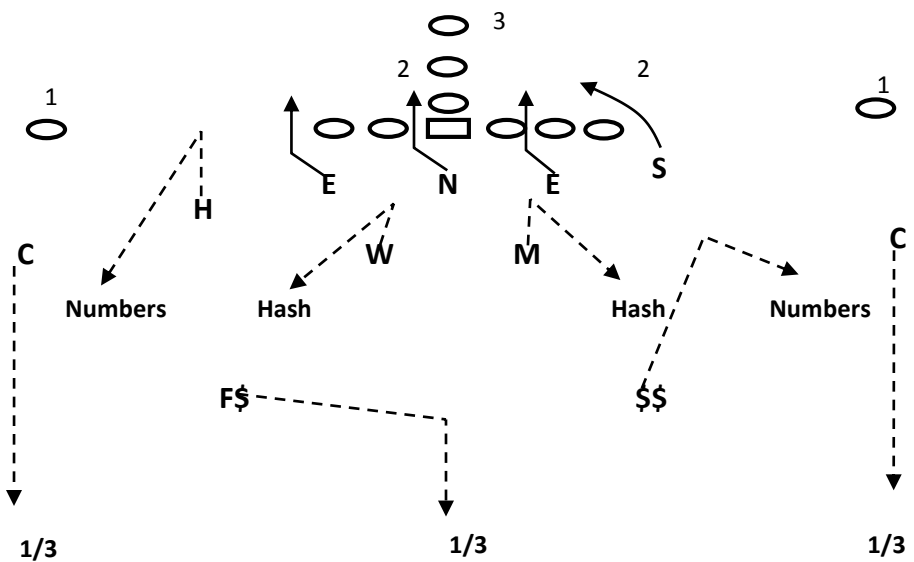
Bunch (We can have the hash player press #2) or check blue



Flank (note: we will often check ¼, ¼, ½ on the backend)

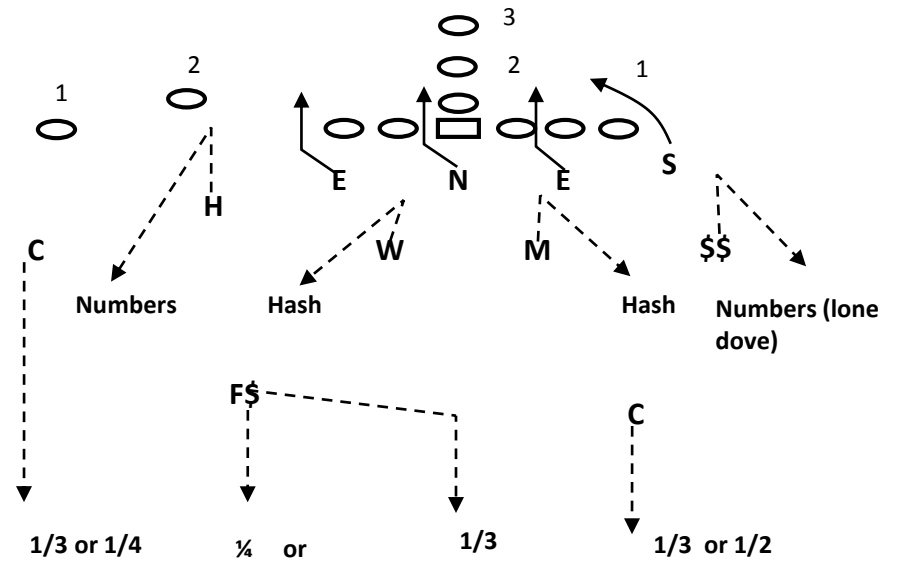


Pro

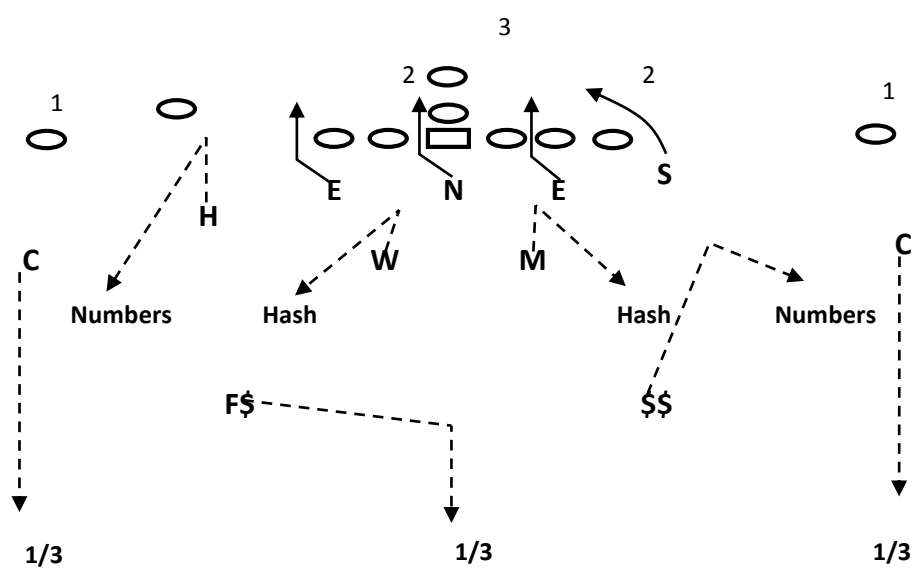


Slot

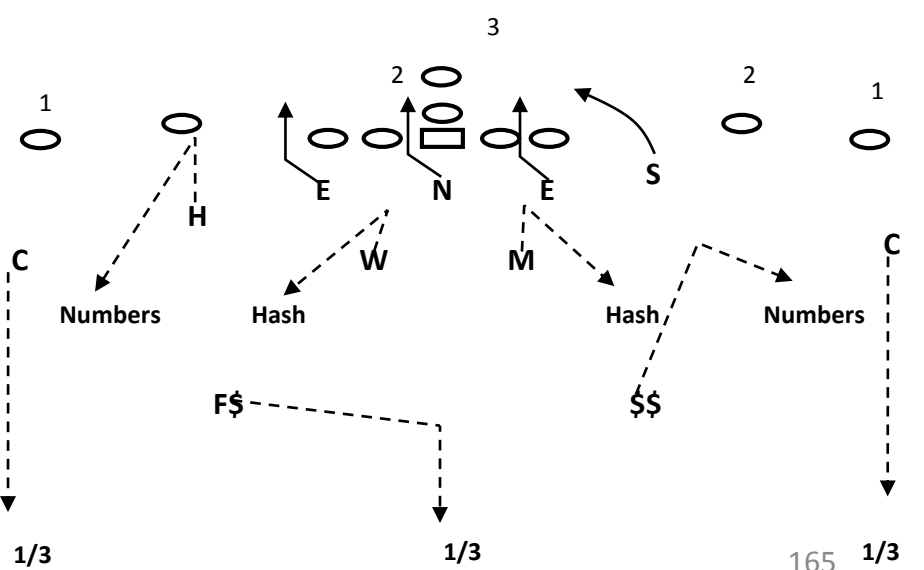
(note: we will often check 1/4, 1/4, 1/2 on the backend)



Spread - alert "Vicky" - \$\$ man to #2 if vertical- F\$ favor #2 weak

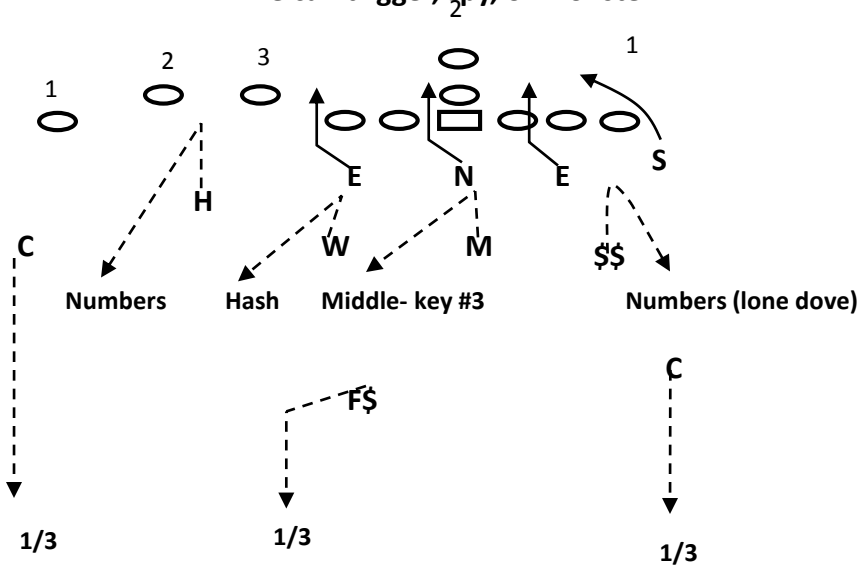


Double slot alert "Vicky" \$\$ man to #2 if vertical- F\$ favor #2 weak

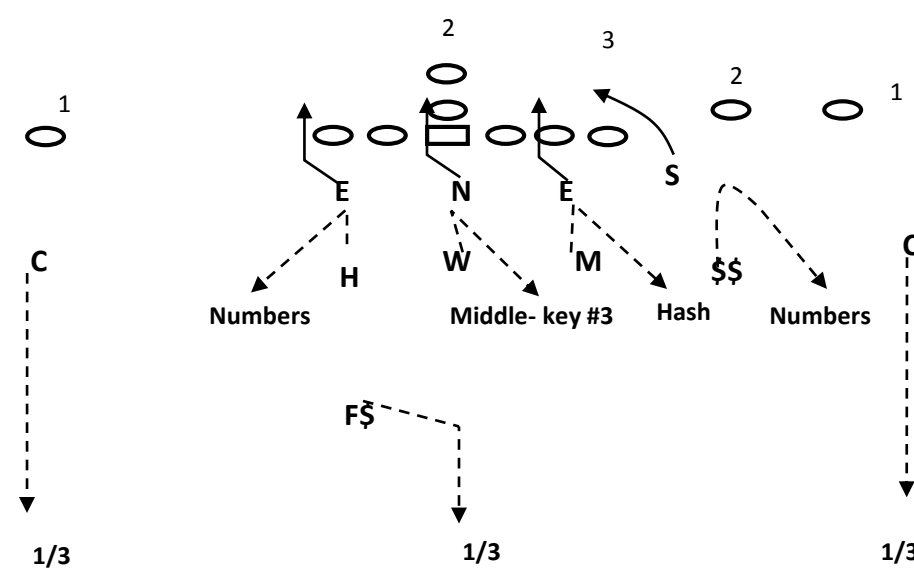


Trips

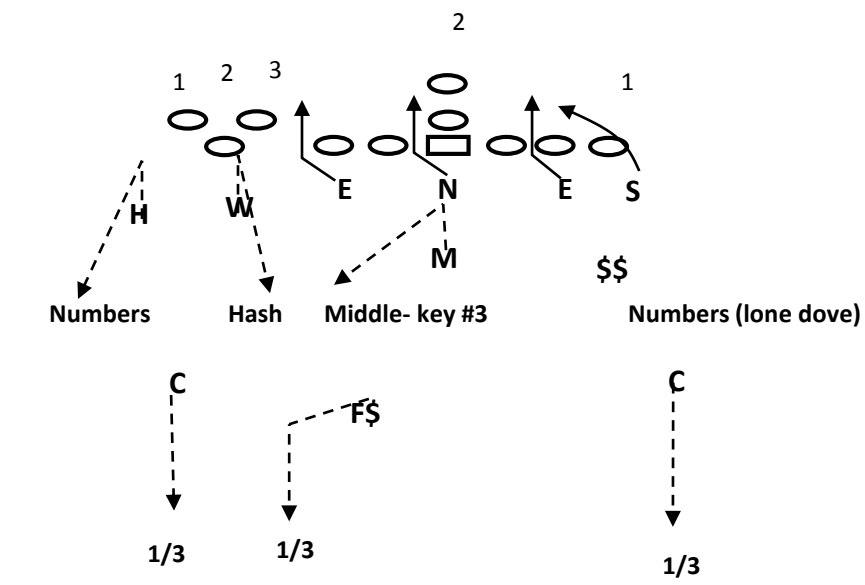
(note: we will often check $\frac{1}{4}$, $\frac{1}{4}$, $\frac{1}{2}$ on the backend)
We can trigger, spy, or monster



Heavy

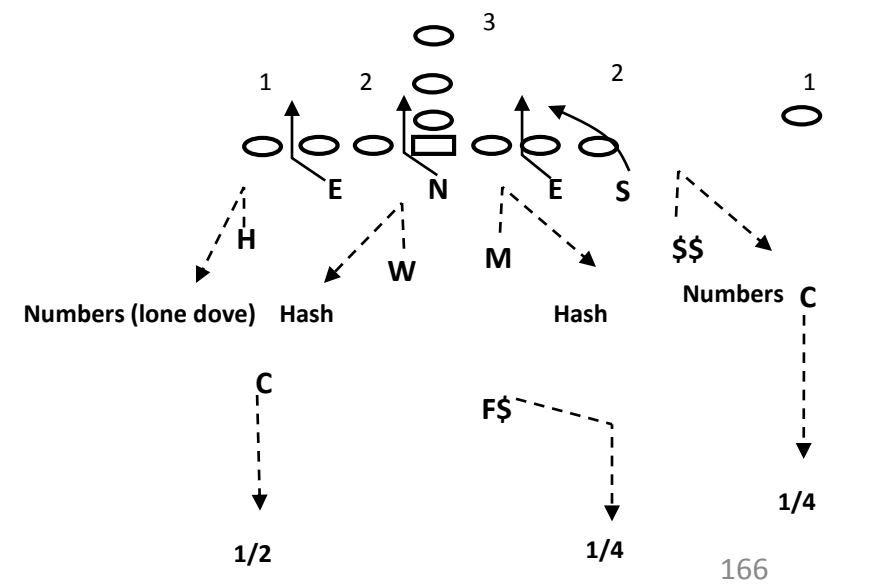


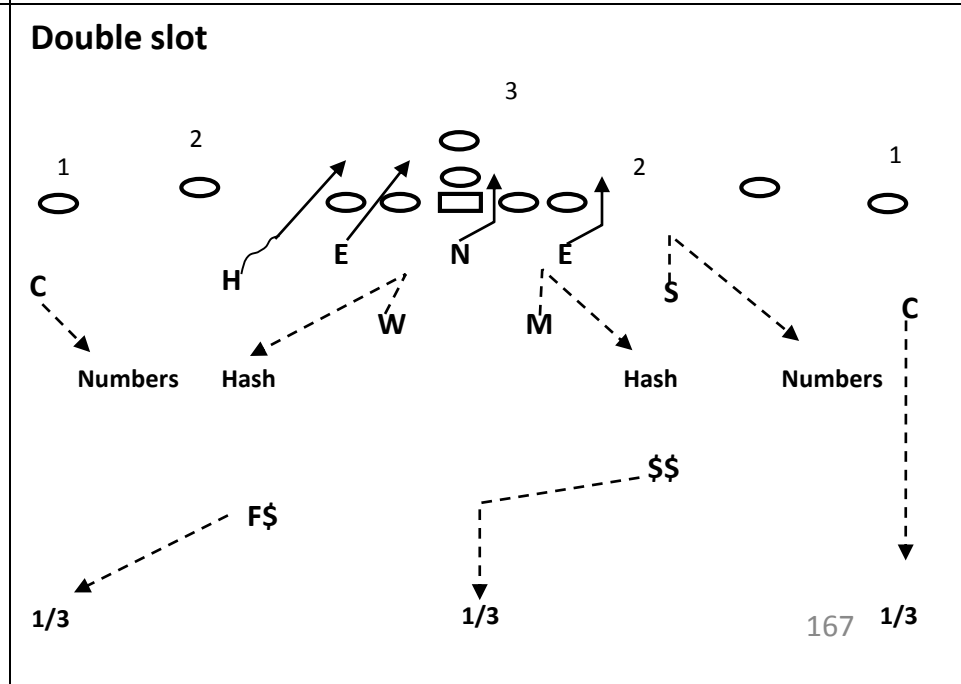
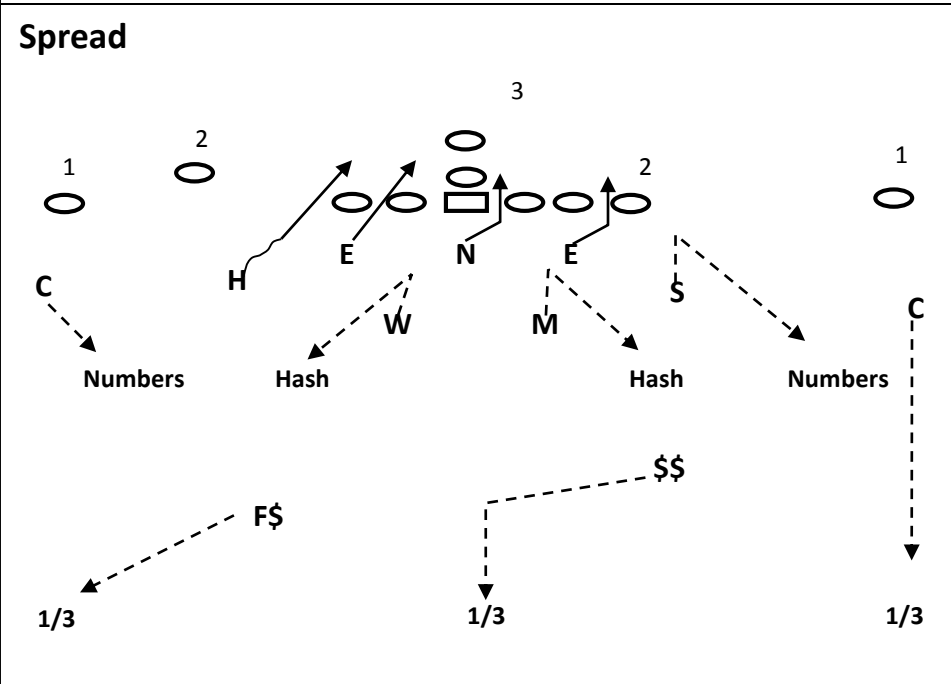
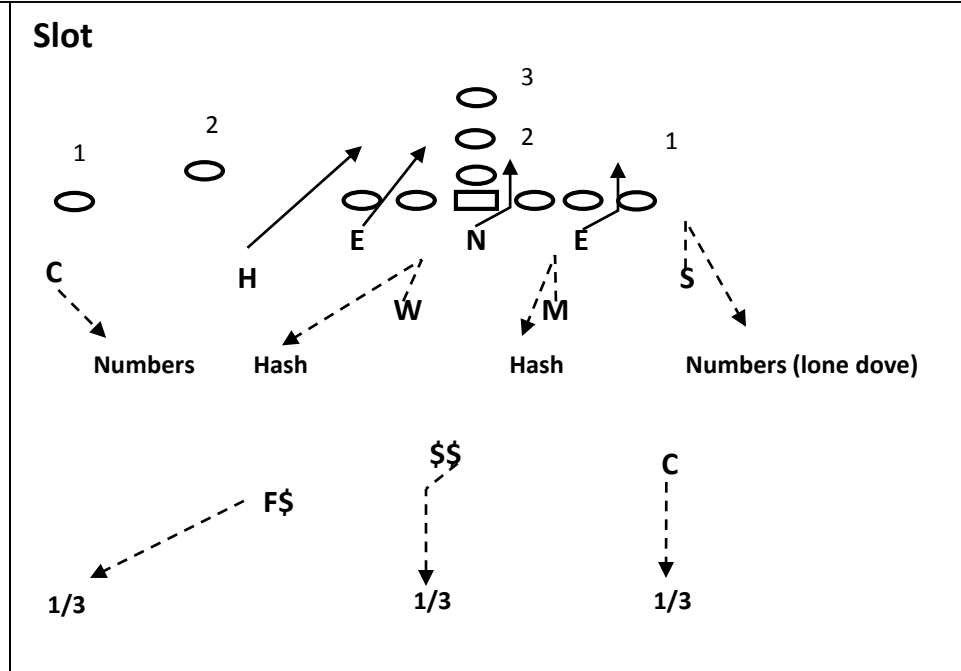
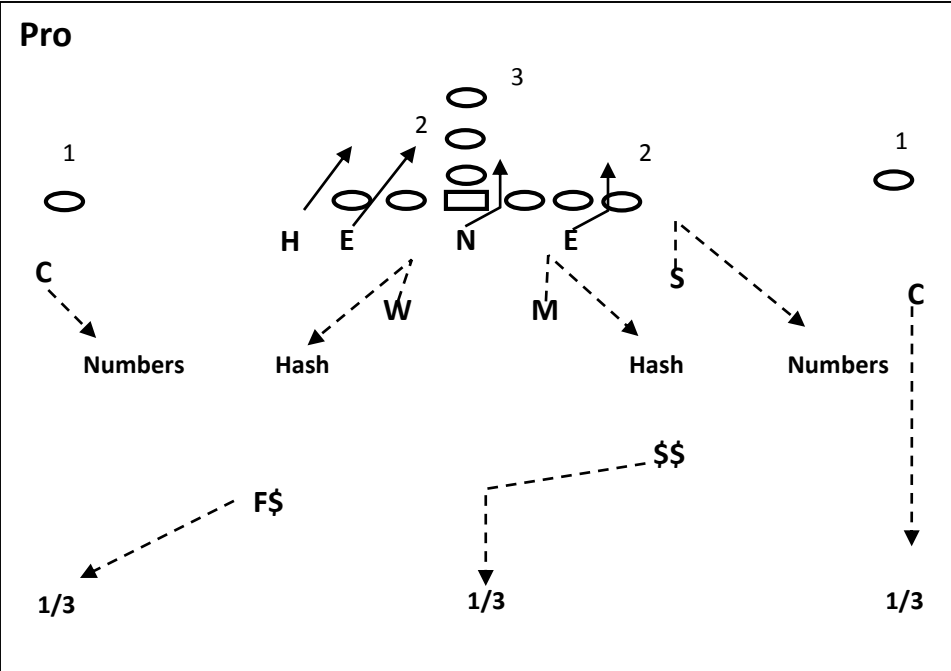
Bunch- also check blue

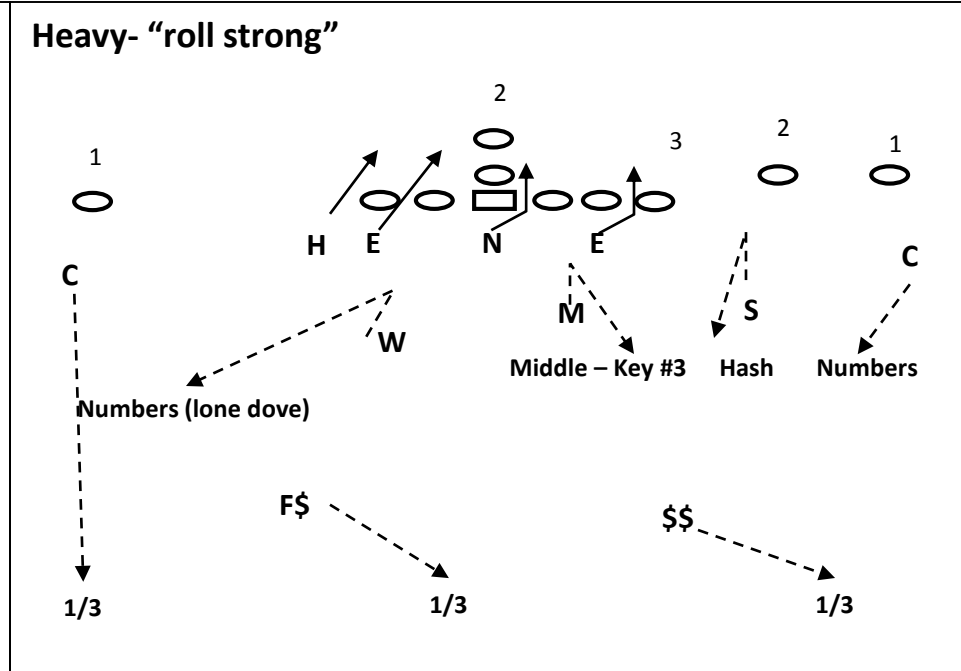
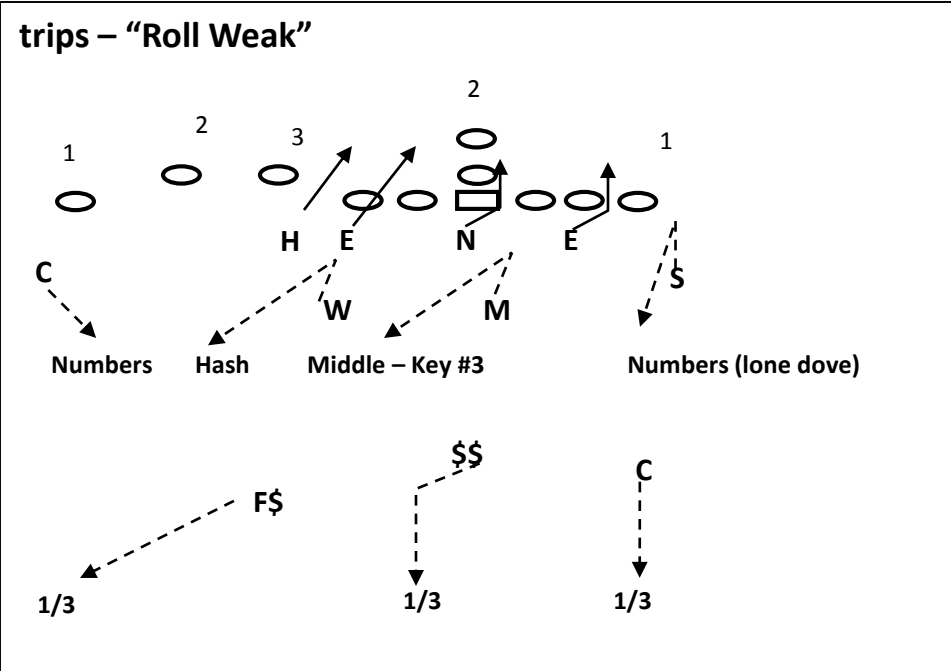


Flank

(note: we will often check $\frac{1}{4}$, $\frac{1}{4}$, $\frac{1}{2}$ on the backend)





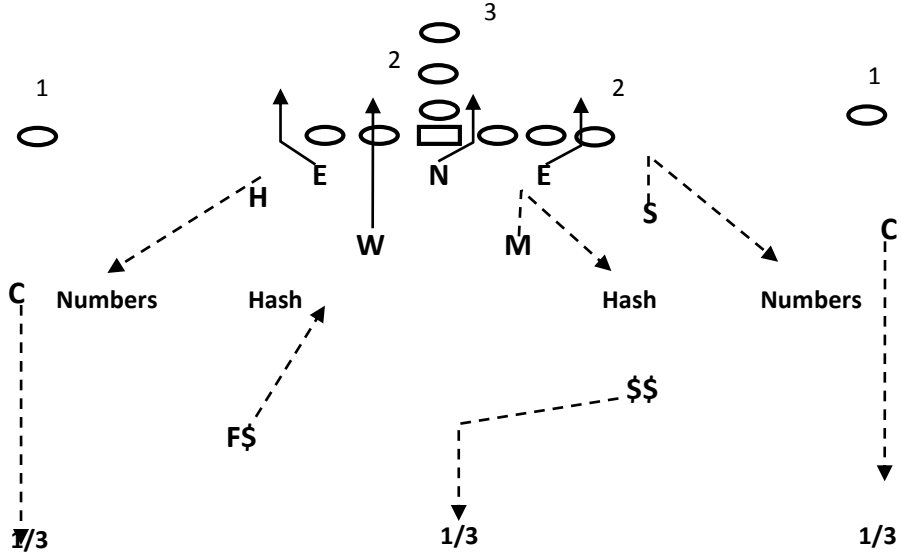


We can call Roll Strong, Roll Weak, Roll Field, Roll Boundary, Roll Choice

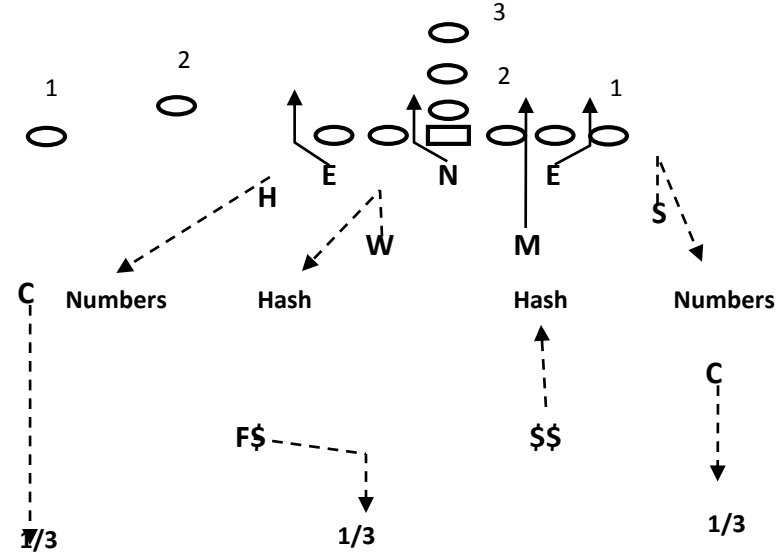
Often we will just call roll. Example: 30 Slant Roll- a “Roll” call without a tag is our roll.

Normally, we roll to the multiple Receiver side.

Pro

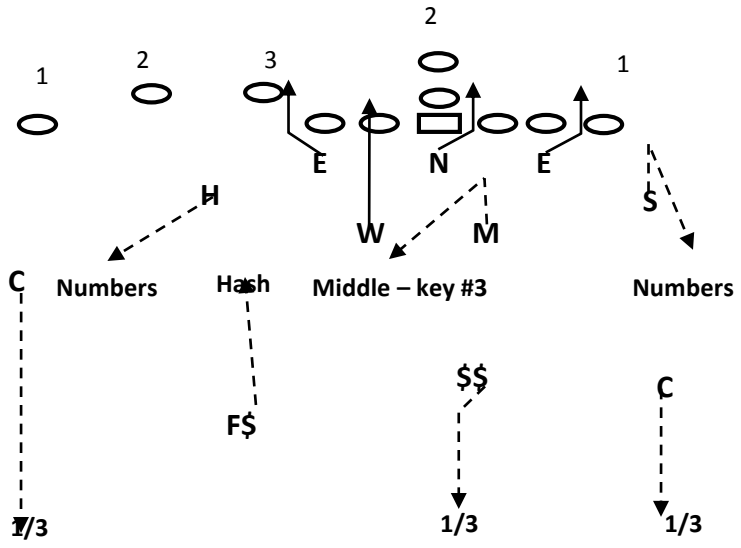


Slot – (We will often check ¼, ¼, ½ on the backend)

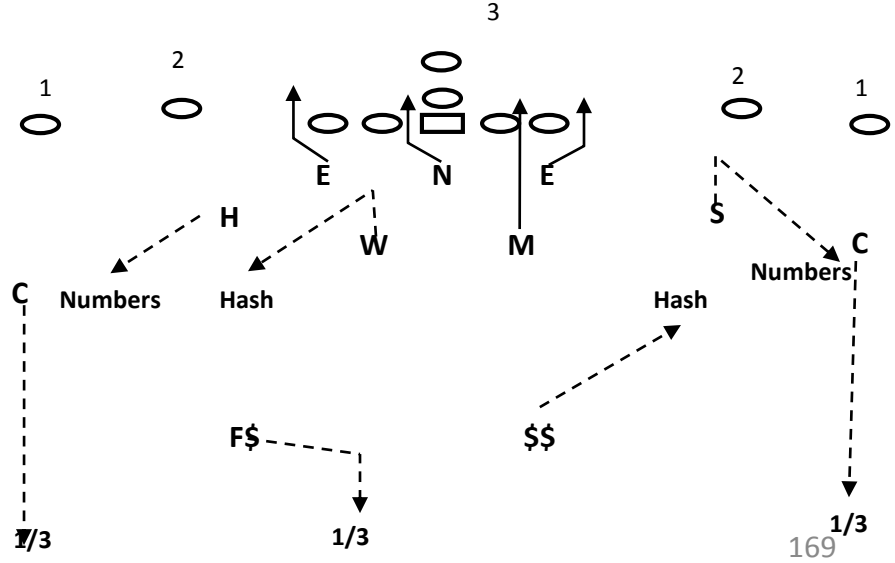


Trips

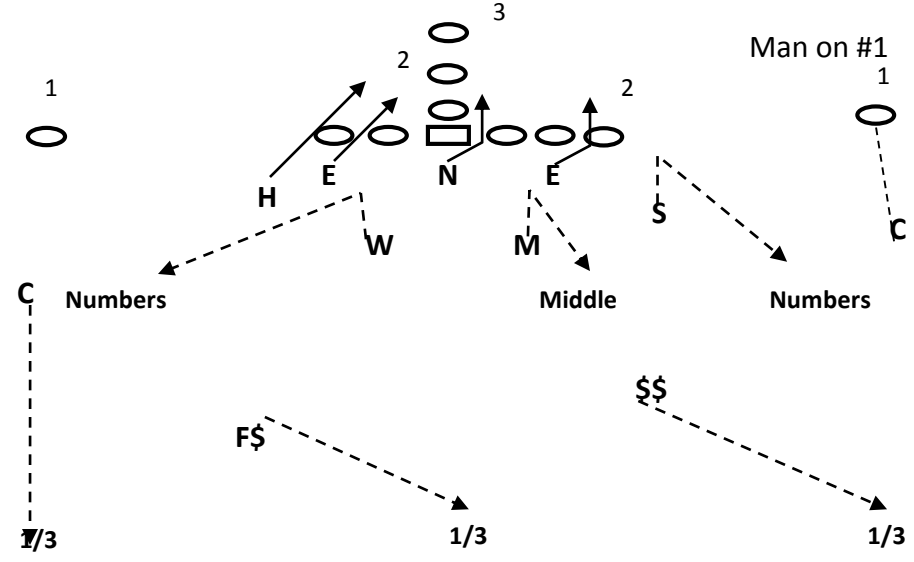
(We will often check ¼, ¼, ½ on the backend)



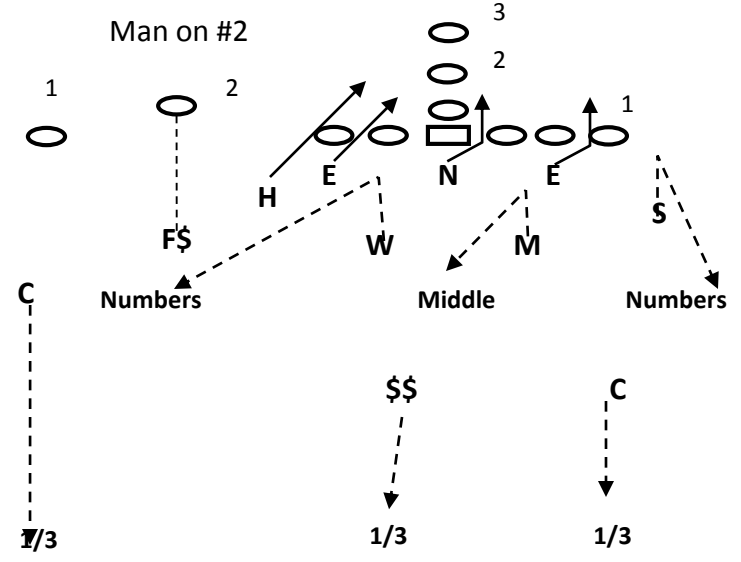
Double slot- Alert Vicky



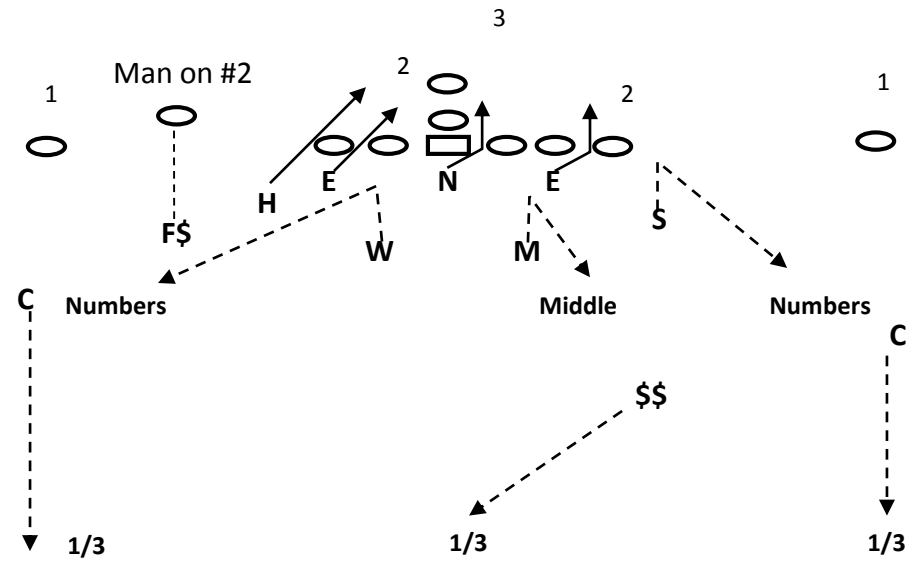
Pro



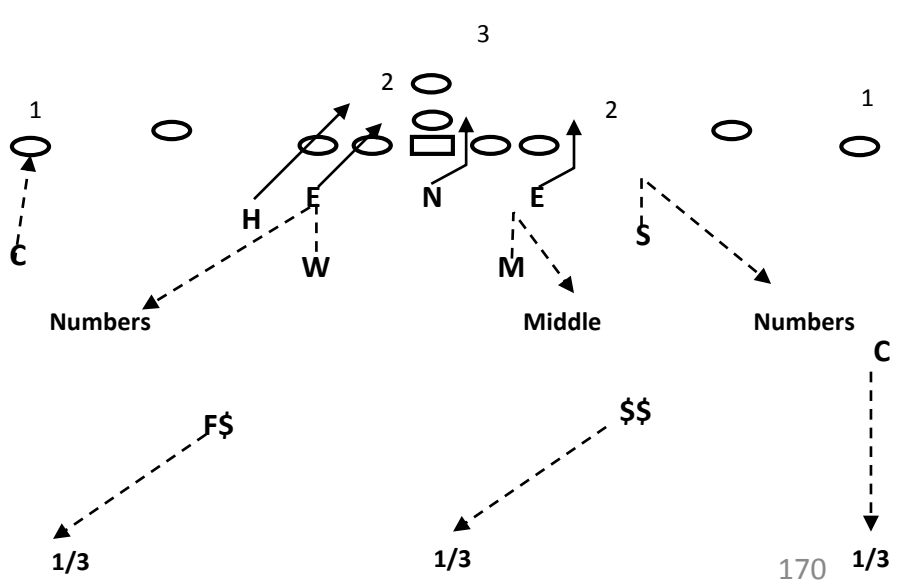
Slot



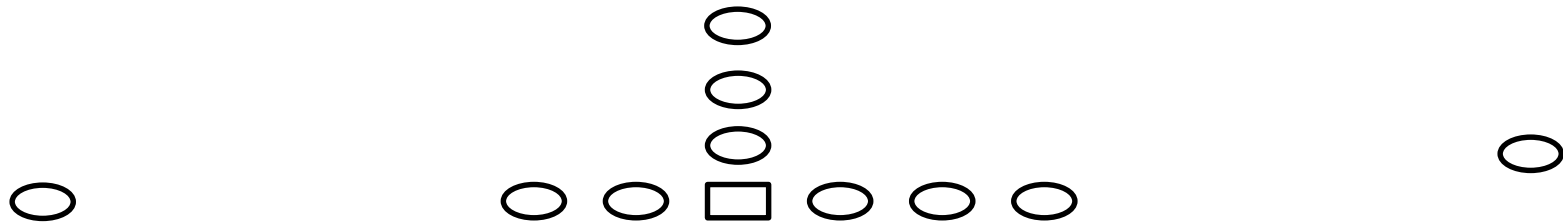
spread



Double slot



Cover 4 (Silver)



No Cover Zone

Numbers

Middle

Numbers

1/4 zone

1/4 zone

1/4 zone

1/4 zone

- This coverage is used to stop the run- our safeties are involved in the running game
- This coverage is also good against single back teams that pass well- we can rob the #1 or #2 WRs
- This coverage is very multiple and there are many variations
- Vs a Removed #2 weak- we can have the Hawk and the Will Exchange responsibilities

Variations include- Corners "Bail" Corners Press, Copper- "read 2"

I. Cover 4**A. Vs. the Run**

1. A safety will give the linebacker a “Silver” call to let them know that they have help to the outside. There is no “Silver” call vs. a removed # 2 receiver to the safety’s side. Alert – “zone it” call or “copper” call
2. It is the safety’s job to fit inside or outside depending on how the linebacker takes on the block or gets blocked.

3. Run To- Front side players

- a. **ILB-** Hard downhill player- take on the FB- Gap hand free- Don’t take a side- make it difficult for the RB to make a decision. Always look to shoot the run-through lane and make a play
- b. **Safety-** Fit off the OLB. Be ready to make a play inside or outside- keep your feet moving- don’t get down too quickly.
- c. **OLB-** Must force all plays back inside- don’t get reached- we may spill at times
- d. **Corners-** must make “Crack” calls and be ready to replace

4. Run Away- Backside Action

- a. **ILB-** Check for quick cutback in the A or B gaps, then get over the top filling inside out- leveraging the ball carrier- whenever the run through lane opens up.
- b. **Safety-** Must get down in the box to become the cutback player, always keep leverage on the ball carrier’s inside hip.
- c. **SAM-** play a “Stay” technique any time you’re on a TE. Stay at home waiting for bootleg or TE delay. If you don’t have a TE to your side then you are the cutback player because the safety is out with the removed #2
- d. **End and Hawk-** Trail and contain player- deep as the deepest you cannot get beat on reverse or QB bootleg

B. Vs. the Pass

1. Numbers Player

- a. Get to the inside edge of the numbers at a depth of 12 to 15 yards. Knock down any route that crosses your face.- Don't chase crossers
- b. Vs a tight # 2- SAM- you own any outside release by a tight #2 or #3 outside
- c. Vs. a removed #2- read 2 to 1
- d. Read the QB all times as you feel the receivers
- e. **"Buzz"** call by corner- react and buzz immediately to number 1- Corners call buzz vs Smash and China
- f. **"Blue"** call you now become a hash player reading #2-#1-#3
- g. **"Switch"** call- a call made between the F\$ and the W LB- this is when there is weak backs or tight #2- Will now must buzz the numbers robbing #1 on inside routes, or jump the low crossing routes.- **no switch calls when in a 43.**
- h. **"Bump"**- Call made by the strong corner that bumps the SAM to mike and he must play B- the Mike must play weak A and bump the Will out to wheel on number #2
- i. **"Over"**- Call made by Corner vs sets where the TE is the number 1 receiver-we are playing cover 2 to the TE and the Sam is now a flat player- he must top all outside routes by TE/RB- and look for crossers
- j. **"Spy"**- call made when the Safety is doubling #1 with the corner if there is an outside release by the #2- OLB now must own #2 if he releases outside regardless if he is tight or removed (game plan)

2. Middle Player

- a. Must open to the side of the #3 receiver- 12-15 yards- knock down any route that crosses your face.
- b. If #3 goes vertical you own him man to man- Alert for a new #3
- c. You are the spy-flow fire player when the QB gets out past the QB

3. Corners

- a. Alignment- 7 x 1 yards
- b. Read through the three step.
- c. When there is a tight #2 play # 1 man to man on any route over ten yards
- d. Vs a removed #2 be ready to call “Buzz” and zone your quarter
- e. **“Blue”**- Play cover 2 to your side- you must control #1
- f. **“Bump”**- call tells the corner to play the flat vs the TE
- g. **“Over”**- call tells the corner to play cover 2 safety- SAM now is the flat player
- h. **“Wheel” “zone it”** vs removed #2 to your side- the Corner and safety are now true ¼’s players playing the deepest route to enter their zone.
- i. **“Copper”**- vs a removed #2 the Safety and Corner will use a read 2 scheme on the #2.
- j. **“Frank”**- corner plays flat

4. Safeties- align 2 x 11

- a. Read the #2 or #3 receiver depending on formation
- b. Play number 2 man to man if he releases vertical
- c. **“Wheel” “Zone it”**- A call made between corner and safety vs a removed #2- both players are now zoning their ¼’s
- d. **“Copper”**- vs. a removed #2 the Safety and Corner will use a read 2 scheme on the #2
- e. **“Switch”**- Call made between the F\$ and the W LB- call made when there is a tight number 2- the safety plays the #2 receiver on any outside or vertical route. **No switch call when we are in a 43 front.**
- f. **“Blue”** the safety to the call side- plays ½ technique and the corner is now run support
- g. **“Spy”**- call that tells the safety to double with the corner any time #2 releases outside. (Game Plan)
- h. **“Over”** call- Safety to the over call becomes the numbers player, safety away from the over call replaces the rolled down safety and quarters his zone.

We can check **“Blue”** to the 1 side of a 3 x 1 set. Vs. a wide #1 the corner is assuming man to man techniques vs all verticals. The hash player to that side must realize that he must carry all screens and crossers into flat because out flat player will not be there.

Safety away from trips – plays Navy- he must check for a vertical by the #3 receiver.

Vs. a Tight #2 “Silver”**SAM/OLB**- you own any outside release by #2 or #3- Will alert “Switch” Call

Vs pass- #2 vertical- hands on- play under #1 numbers, #2 in flat- top him, #2 crosses- find #1 – curl to flat

Corner- 7 yard alignment- man to man vs #1 unless he runs a radical route ie. Mesh or crosser**Safety**- Read number 2 – TE/Back “I’m Here”

Vs run- Both backs to you- force, Both backs away- cutback, backs split- dead foot and find ball

VS pass- TE- vertical- you own him, TE crosses or releases into flat- Rob the curl and Dig by #1, Roll under the post by #1

Vs a Removed #2 “Wheel” “zone it”**Sam/OLB**

Vs Pass- #2 vertical- jam and drop to numbers, #2 to flat- numbers- Will alert “Switch” call- Alert for #3 running a wheel

Corner- zone your quarter- play deepest man in zone read 1 to 2

If #1 vertical- you own him

If #1 hitch- look to number #2 corner- call “Buzz”

If #1 in- sink and look up #2

Safety Read #2 to #1

Vs. Pass

If #2 vertical- you own him

If #2 in Flat- sink zone your quarter look to #1

If #2 crosses- sink zone your quarter- look for #1

Silver (cover 4)

Position	Alignment	Key/Read	Pass Responsibility
Sam	vs TE- foot vs removed #2- split T and 2	vs. TE- TE triangle vs removed #2 – Q-2-1	vs TE outside move or delay- man to man Vs TE vertical or in- drop to top of #'s- top new #2 vs removed #2- hands on #2 and drop to top of #'s Alert Buzz
#'s player	Front or split #2 and T	Q-2-1	hands on #2- drop to top of numbers Alert "buzz" alert "switch"
Middle Player	Depends on Front	#3 to #2	after run clears open to #3 run with a vertical by 3 head on a swivel get depth middle of field. Spy –flow-fire
Corners	7 yards deep 1 foot to 1 yard inside #1	Q (read through 3 step) vs TE or tight #2- eyes on 1	vs. tight #2- man to man vs. #1 vs. removed number 2- alert "Copper" or "Wheel" Vs a wing or bunch – check Blue
Safeties	10 yards deep 1 yard outside tight #2	Q- 2-1	vs TE vertical- own him vs TE- out/under LB/block- Run-Rob #1- Roll vs. removed #2- check "Copper"

Copper check - Quick Reference sheet

Vs a Removed #2 “Copper”

Sam/OLB

Vs Pass- # 2 vertical- jam and drop to numbers, #2 to flat- numbers- Will alert “Switch” call- Alert for #3 running a wheel

Vs #3 we have options to “danger”- man to man, or banjo- combo with backside safety

Corner- Read steps Q-2-1 Alignment 7 x 1 on outside shoulder of #1- prepare to funnel 1 to safety

Note: The corners should be thinking, “I have #1 with no help.”

1. 2 releases outside- man # 2
2. 2 releases inside/vertical/ or stays (blocks) – man #1 weave to inside

If #2 releases outside, the corner will play man to man on #2, but he still needs to react to #1. For example, number 1 must be funneled/squeezed to the safety- the corners cannot back up!!

Safety flat foot Read Q-2-1

Note: Safety is the toughest position to play in Copper Coverage, he must be athletic, tough, and smart.

1. 2 is vertical or deep diagonal- man # 2
2. 2 releases outside/inside under linebackers/stays (blocks)– Get to #1

If #2 releases outside, The safety (flat-footed reads on #2) however once it is determined that the #2 is not a threat the safety’s eyes must shoot to #1’s hip and the safety will turn and open to #1 expecting #1 to be vertical. “1 is vertical” is always the first thought by the safety when #2 is outside.

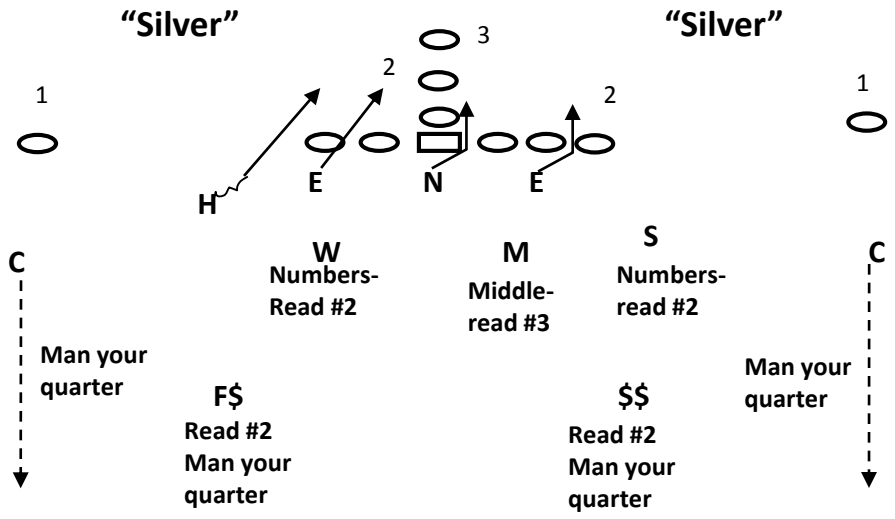
Copper (read 2) (check vs removed #2)

TC

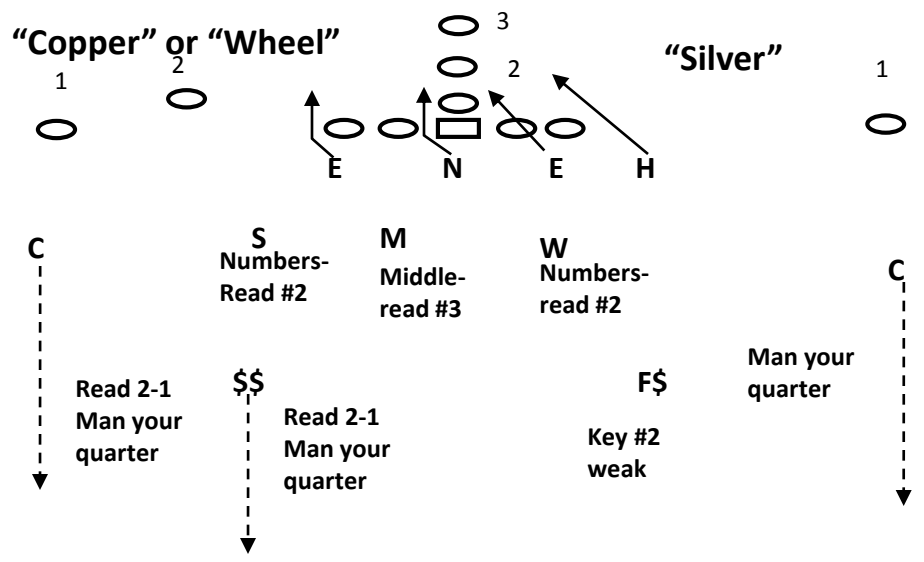
We can just run Copper as a scheme regardless of how wide #2 is aligned

Position	Alignment	Key/Read	Pass Responsibility
#’s player	vs. removed split #2 and T vs. Tight #2- foot vs. trips- “danger” #3- gf banjo or zone- split #2 and T	Q-2-1 vs trips- danger- man	top of numbers “danger”- man to man on 3 “banjo”- combo #3 with Safety #3- out- own, #3 in/vertical- top #’s Alert for “Buzz”- get to the flat
Middle Player	Depends on Front and formation	guard- 3-2	high middle- spy flow fire vs 2 x 2 alert for Back up the middle
Corners	7 yards deep outside foot of #1	Q-2-1	read 2 # 2 blocks/vertical/in – man to man on 1-weave to inside # 2 out- man to man on #2 and funnel 1 to safety Island- green cover Pre-snap- Alert “island” “blue” Post-snap- alert- Squat
Safeties	10 yard inside foot of wide #2 always ask I’m I wide enough to cover a vertical #1. Vs trips away- split #1 BS and #3 trips side away from banjo- over center, away from danger split #1 and #2/3	Q-2-1	read 2 #2 vertical or deep in- Own #2 #2 under LB- “In” Rob #1 #2 blocks- rob #1- #2 out- adopt #1 #2 vertical then out – Buzz call to backer backside Safety- Banjo call – read #3 #3 blocks/out/under LB- Free # 3 vertical or deep in- own 3

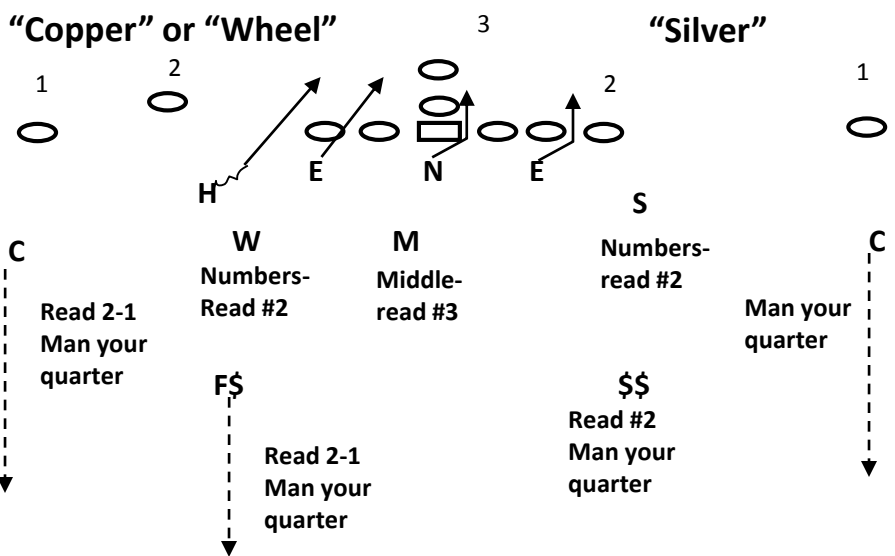
Pro



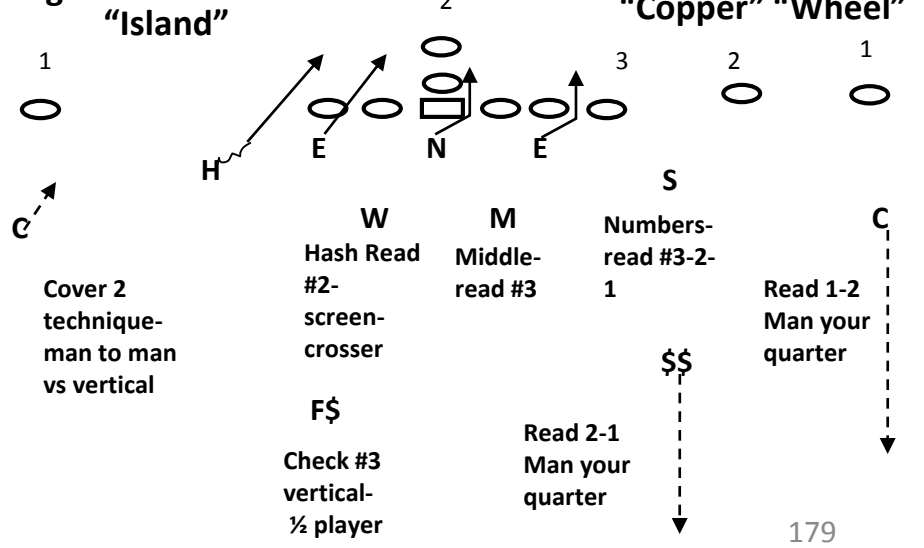
Slot-open- open



Spread



Heavy- we can also check 3 strong- \$\$ #, S- foot/hash, slam tug rock



Trips – “Bump” call- we can check 6 or 3 weak

“Copper” or “Wheel”

“Blue” “Bump” Or Island

Bump can be inverted between C and \$\$

C	W	M	S	C
Man your ¼ read 1-2	Numbers-Read #3-2-1	Middle-read #3	Hash read #2	Flat read #2
	F\$		\$\$	
	Man your 1/4		Check #3 for a vertical ½ player	

trips– “Over” call- check 6 or 3 weak

“Wheel”

“Blue” Over”

C	F\$	W	M	S
Man your ¼, read 1-2	Numbers-Read #2	Middle-read #3	Hash read #2	Flat
	\$\$		C	
	Man your 1/4		Check #3 for a vertical ½ player	

Double slot

“Copper” or “Wheel”

“Copper” or “Wheel”

C	W	M	S	C
Man your ¼, read 1-2	Numbers-Read #2	Middle-read #3	Numbers-read #2	Man your ¼, read 1-2
	F\$		\$\$	
	Man your ¼, read 2-1		Man your ¼, read 2-1	

Flank- check 6

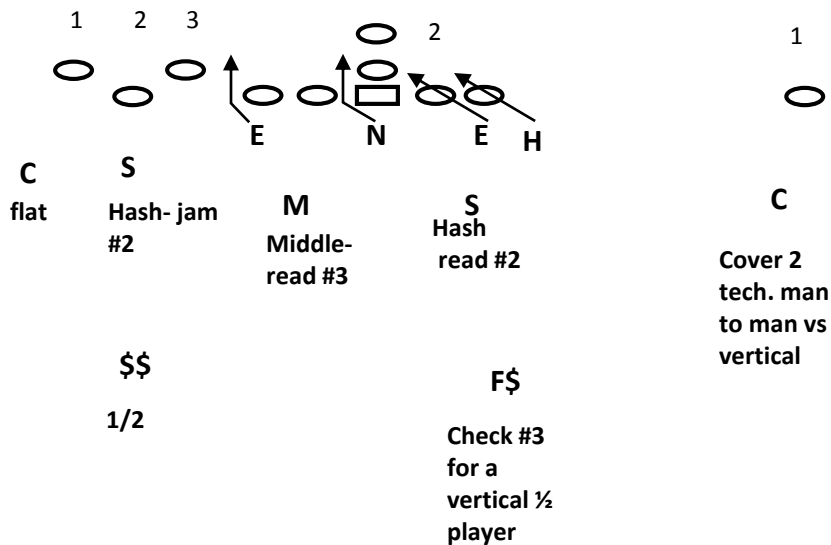
“Silver”

“Blue” Over”

C	F\$	W	M	S
Man your quarter	Numbers-Read #2	Middle-read #3	Hash read #2	Flat
	\$\$		C	
	Read #2 Man your quarter		Check #3 for a vertical ½ player	

Bunch

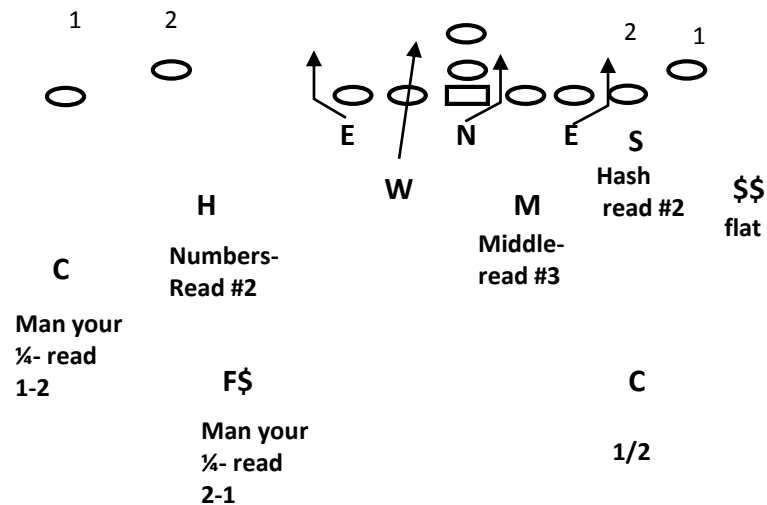
Check "Blue"



Double - vs a removed #2 W/H can exchange

"Wheel"

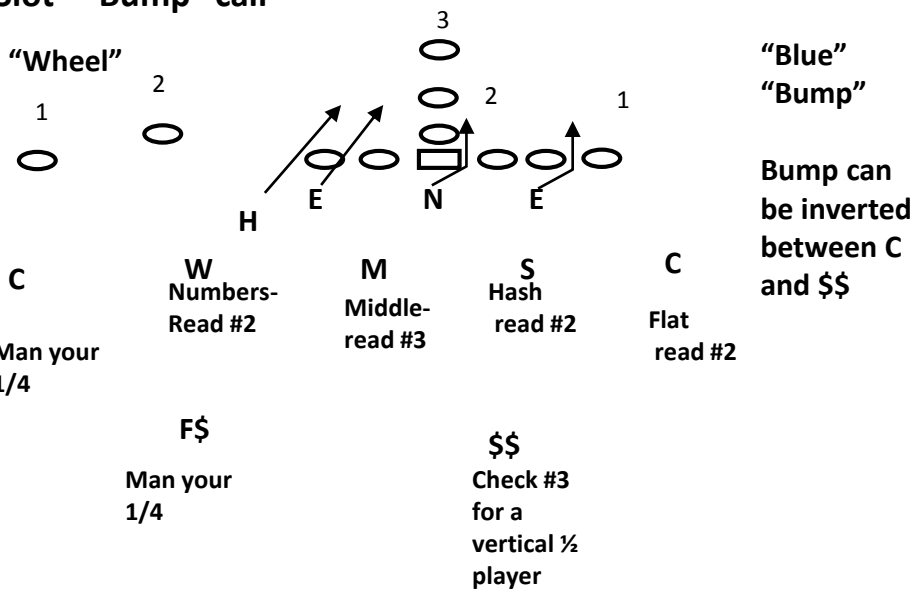
"Blue" Invert



Slot- "Bump" call

"Wheel"

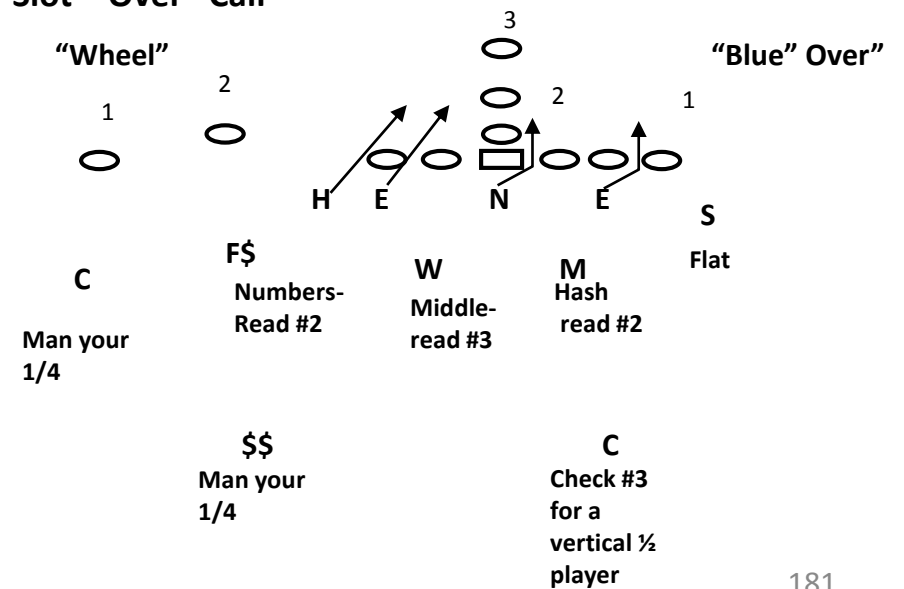
"Blue" "Bump"



Slot- "Over" Call

"Wheel"

"Blue" Over"



Cover 4 adjustments- "switch" calls- made when backfield is broken to weak side- Will "A" gap run- pass buzz/rob- #1TC- man #2 on any outside or vertical route- if #2 blocks zone your ¼- also tight #2 weak is a switch. No switch in 43 - examples:- weak backs, far back, wing back, gun split backs, split, tight slot, double flank

Pro- Far "Switch" "Silver"

1
○

2
○

3
○

H E N E

C Man your quarter

W Pass- buzz under #1
If goes vertical look for crosser

M Middle-read #3

S Numbers-read #2

C Man your quarter

F\$

Own #2 on any vertical or outside release- if #2 blocks- zone your quarter

\$\$\$

read #2

Double- "Switch" "Blue"- Invert

1
○

2
○

3
○

H E N E S

C Man your quarter

W Pass- buzz under #1
If goes vertical look for crosser

M Middle-read #3

S Hash read #2

C Man your quarter

F\$

Own #2 on any vertical or outside release- if #2 blocks- zone your quarter

\$\$\$

Flat

C

1/2

read #2

Trips gun- open since we check "Comet" backside- no switch "Wheel" "Blue"

1
○

2
○

3
○

E N E H

C Read 1-2 Man your quarter

S Numbers-Read #2

M Middle-read #3

W Hash read #2- run-screen-carry crosser

C Cover 2 technique- man to man vs vertical

F\$

Read 2-1 Man your quarter

\$\$\$

Check #3 vertical- ½ player

Double flank- "Switch" Call "Silver"

1
○

2
○

3
○

H E N E

C Man your quarter

W Pass- buzz under #1
If goes vertical look for crosser

M Middle-read #3

S Numbers-read #2

C Man your quarter

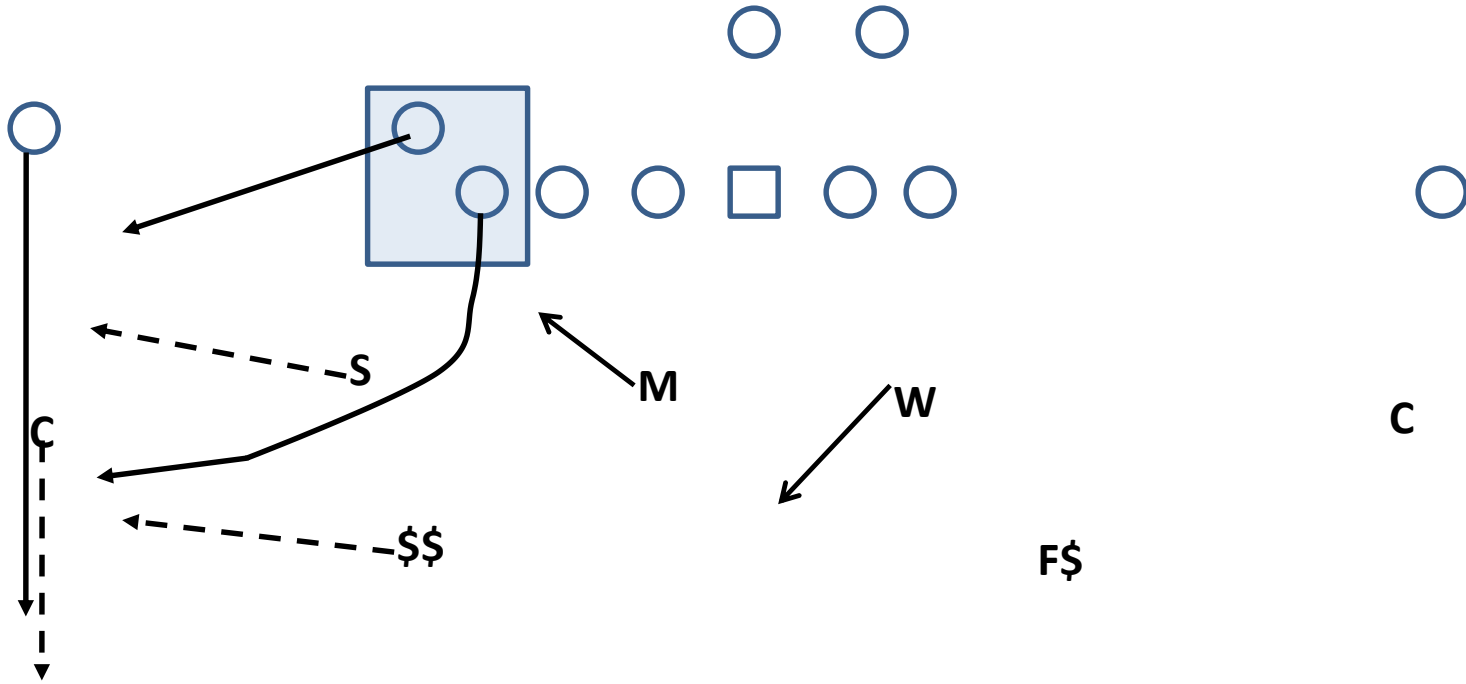
F\$

Own #2 on any vertical or outside release- if #2 blocks- zone your quarter

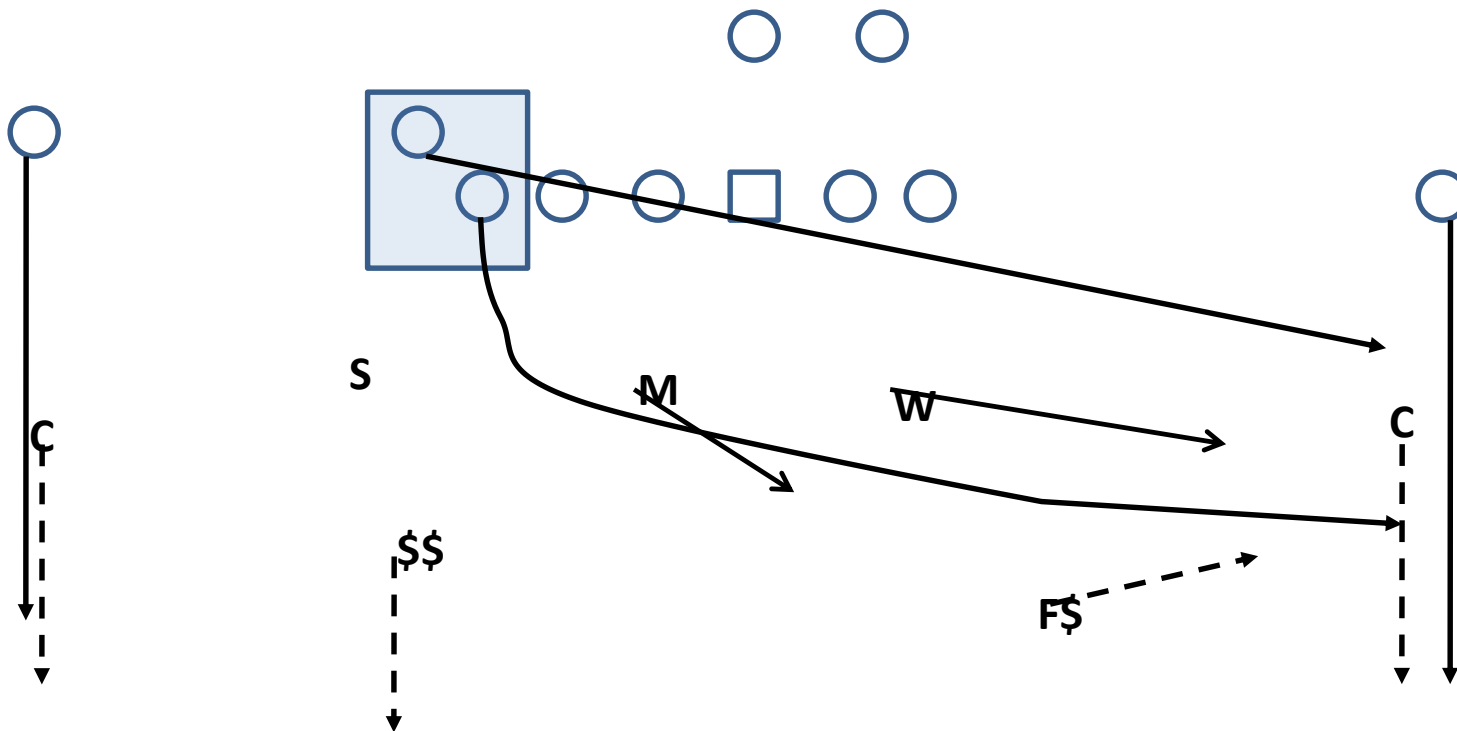
\$\$\$

read #2

Silver vs naked- naked call- \$- rob run/drag/middle pattern/roll the post



Silver vs naked- naked call- \$- rob run/drag/middle pattern/roll the post



This is a variation of Cover 4 that can result in multiple looks

This is a variation that can be called if we want to keep the LB tighter to box and/or we want to get better coverage on the flats.

C- 1 x 7 yards

Safety- inside shoulder of removed #2 and 9 yards deep.

Both the corner and the safety are reading the QB to #2.

Read QB- Ball on the line- immediate run threat- toss/option/pitch- run support

Read QB- ball off the line- Read #2

If #2 releases to the Flat= Corner owns # 2, Safety owns #1

If #2 releases vertical= Corner owns #1, safety owns #2

Note: If #2 releases vertical and runs a 10 yard square out- Safety calls “squat” corner adopts the square out and the safety – adopts #2. Another option is for the safety to man his $\frac{1}{4}$ and call buzz to the outside LB.

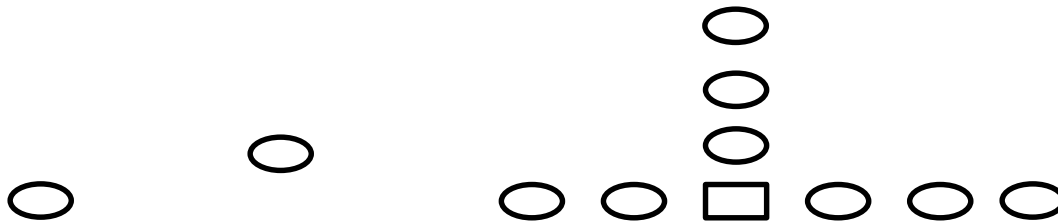
If #2 release shallow/inside- corner owns #1, safety looks for crosser or robs/rolls #1

If #2 releases deep middle- Corner- owns #1, safety owns #2

If #2 blocks- Corner owns #1, safety- Star force or cutback vs. run away

Vs a tight #2 and tight #1 (TE/Wing)- check “Blue”

Cover 6 (1/4, 1/4, 1/2) (White)



No Cover Zone

Numbers

Middle

Hash

Flat

1/4 zone

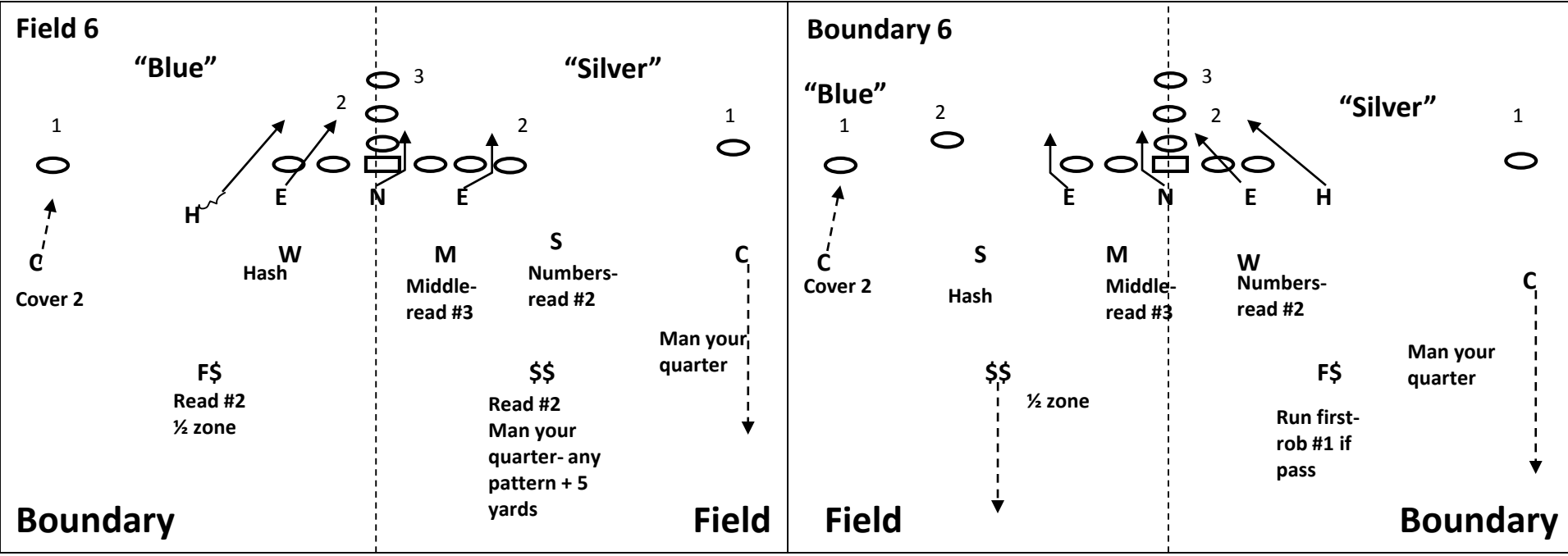
1/4 zone

1/2 zone

- This is a coverage to add another secondary player to the rec. strength
- This is an adjustment in cover 4, it can also be a huddle call
- the huddle call tells the 1/4's players where to go
- We can run- cover 6 strong, cover 6 field, cover 6 boundary, cover 6 choice

Note: we can also invert the Cover 2, the corners can also play bail, The Safety can also show to give a man to man look.

We can also run "6 moon" = cover 6 man = 1/4's to rec. strength- man to man away, middle player must carry any crosser



Coverage: Check

Coverage: Silver/Copper Cover 4 with Robber concepts

Used with 4 man fronts (Cane and Hawk) and 3 man fronts with weak side and inside pressure.

Notes: Whenever possible we want the Sam attached to the front and not removed due to coverage responsibilities.

Starts as Silver Coverage

Silver vs. tight #2

Copper vs. removed #2

Blue vs TE/Wing or Bunch

Vs. 2 x1 or 3 x1 with backside 1 tight- over check

Vs. 3 x 1- backside 1 open- copper and banjo

Vs. 3 x 1 and the backside 1 is a TE- over/danger or banjo

Vs. empty copper and danger

Note: depending on opponent and down and distance situations Green/black can be incorporated.

Calls

“Silver”- vs tight #2

“Blue”- true cover 2 to blue side

“Banjo”- combo # 3 between S and bs \$

“Copper”- read 2 scheme vs removed #2

“Danger”- man to man vs #3

“Over” “white” – vs any closed set- ¼, ¼, ½

“Switch”- Call from S to W vs any open set where the #2 is tight but not in I.

“Island”- Corner has #1 by himself “green”

“China” or “zone it” – zone ¼’s vs wheel threat “#’s player” alert for “Buzz” call

We can always go Green to the boundary

<p>“Silver”</p>	<p>“Silver”</p> <p>Note: We can check “over Red” 3 deep \$ in b gap Good vs. inside run Backside C outside S</p>	<p>“Over” “White”</p> <p>“Copper” Or “zone it”</p>
<p>“Silver”</p>	<p>“Copper”</p> <p>Flat</p>	<p>“Copper”</p>
<p>“Copper”</p> <p>“Banjo”</p> <p>“Green”</p>	<p>“Over”</p> <p>“Danger”</p> <p>“Copper”</p>	<p>“Silver”</p>

<p>"Blue"</p> <p>Flat C S E N E H M W C</p> <p>½ \$ \$</p>	<p>"Silver"</p> <p>Flat C S E N E H M W C</p> <p>½ \$ \$</p>	<p>"Switch"</p> <p>"Blue"</p> <p>TC</p> <p>"Blue"</p> <p>Flat C S E N E H M W C Flat</p> <p>½ \$ \$ ½</p>
<p>"Blue"</p> <p>Flat C S E N E H M W C Flat</p> <p>½ \$ \$ ½</p>	<p>"Blue"</p> <p>Flat C S E N E H M W C Flat</p> <p>½ \$ \$ ½</p>	<p>"Copper" "Danger"</p> <p>"Copper"</p> <p>C S E N E H M W C</p> <p>½ \$ \$</p>
<p>"Copper" "Danger"</p> <p>"Copper"</p> <p>C S E N E H M W C</p> <p>½ \$ \$</p>	<p>"Switch"</p> <p>Note: Ram shade checks to Ram Slant</p> <p>"Silver"</p> <p>C H E N E S M W C</p> <p>½ \$ \$</p>	<p>"Copper"</p> <p>"Over" White</p> <p>Note: We can check "over Red" 3 deep \$ in b gap Good vs. inside run Backside C outside S</p> <p>C S E N E H M W Flat C ½</p> <p>½ \$ \$</p>
<p>"Blue"</p> <p>Or Copper- C/\$ read #3 S- m/m point</p> <p>"Island"</p> <p>Flat C S E N E H M W C</p> <p>½ \$ \$</p>	<p>"Over" White</p> <p>"Blue"</p> <p>Or Copper- C/\$ read #3 S- m/m point</p> <p>S E N E H M W C Flat</p> <p>½ \$ \$ ½</p>	<p>"Silver"</p> <p>"Switch"</p> <p>C S E N E H M W C</p> <p>½ \$ \$</p>

Variations
"bump" linebackers bump instead of Safeties over"
"Zone it"- backend plays a true ¼'s zone

Maggie- play #3 in trips man to man with S- leaves bs c/s- to play lock-on vs #1
Danger- play #3 in trips man to man with- leaves bs safety free or to spy or to double

Silver coverage vs. 3 x1 options- (Banjo vs. Te trips, Danger vs trips)

“Banjo”, “Danger”, “Zone it”, “Load”, “Over”, “Fire”, “Monster” Danger- Free/maggie/spy

<p>“Island”</p> <p>#3 runs a 10 yard out- “buzz”</p>	<p>“Banjo”</p>	<p>“Copper”</p>
<p>“Danger”</p>	<p>“Zone it”</p>	<p>“Load it”</p>
<p>“Over”</p>	<p>“Fire”</p>	<p>“Monster”</p>
<p>Island</p>	<p>“Danger”- maggie</p>	<p>Red Spy- \$ man to man on designated receiver</p>

Check Coverage with a red check vs. 2 backs

TC

I would avoid running this coverage double tight

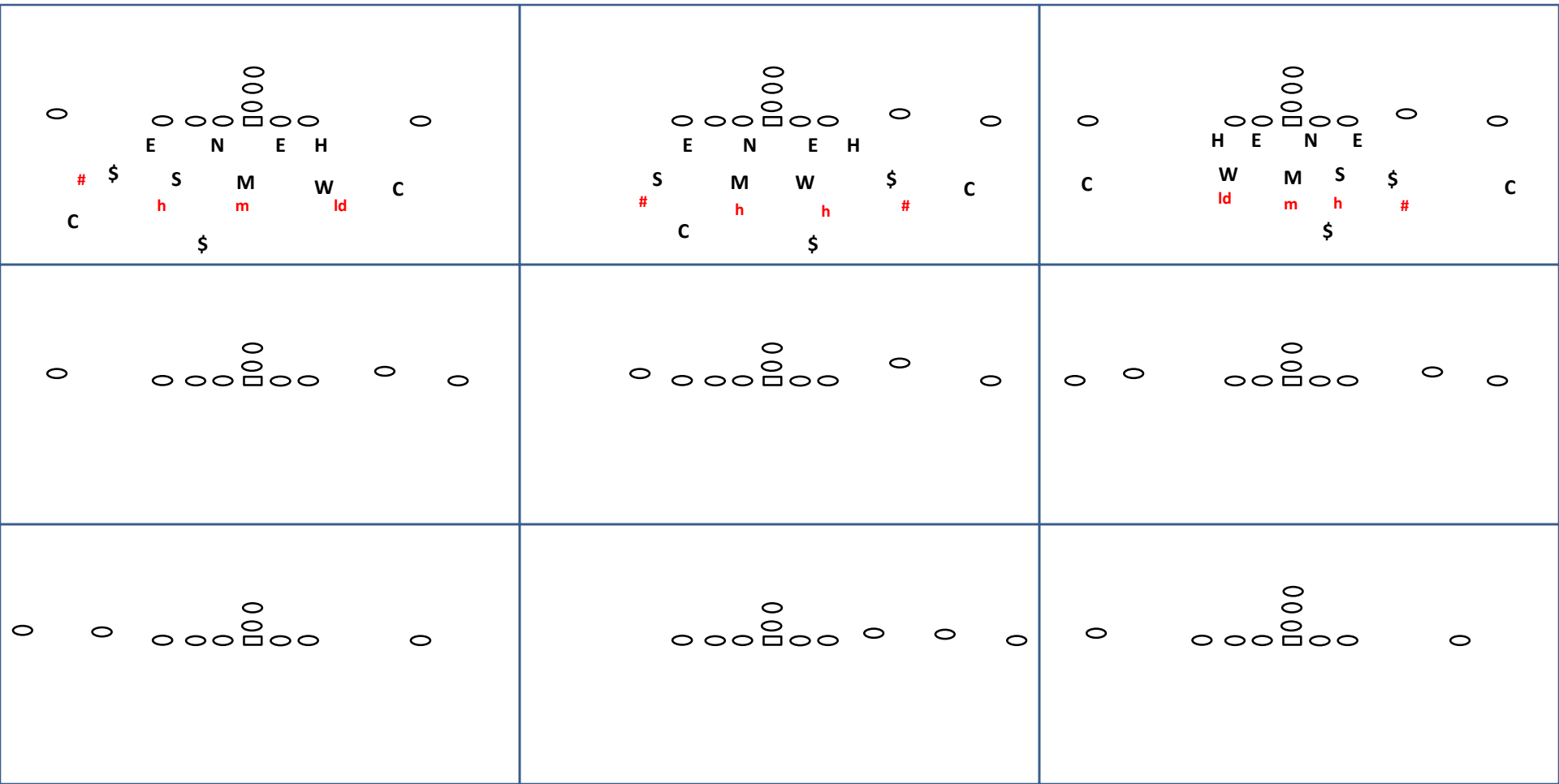
Vs 2 back 2 tight- check 44 red (3 weak)
Vs 1 back 2 tight check silver – switch call backside

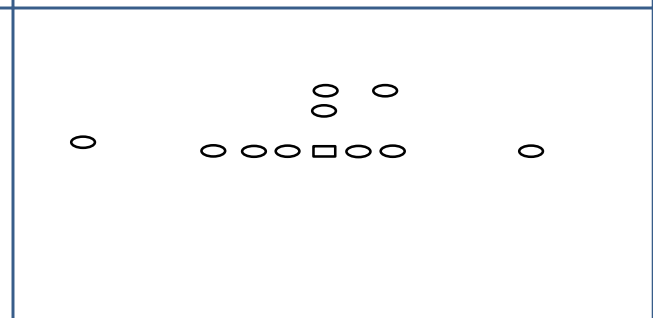
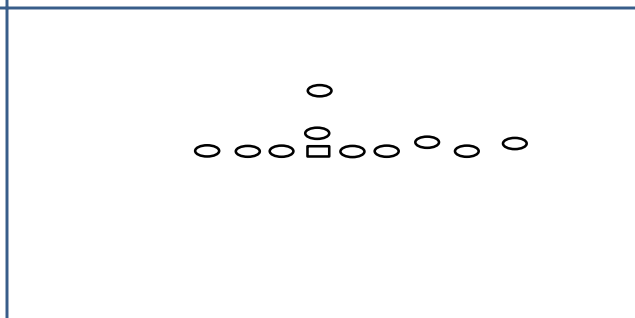
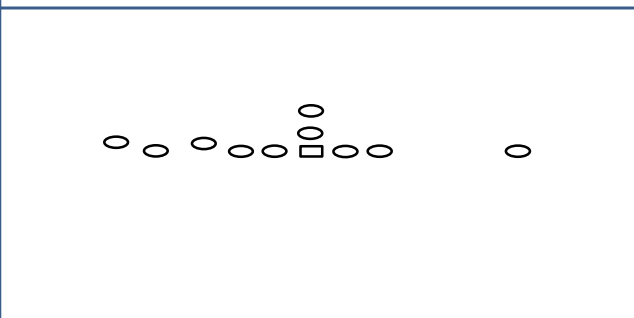
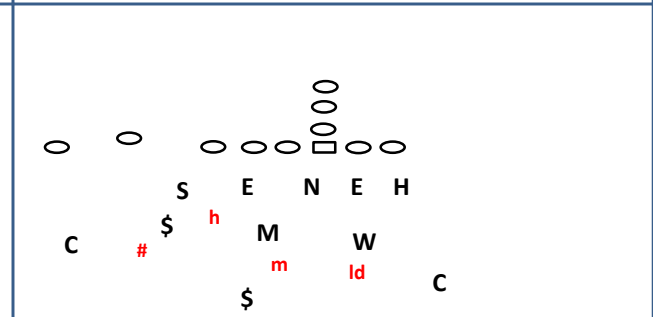
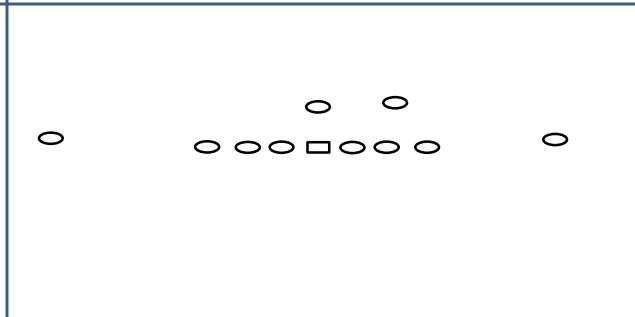
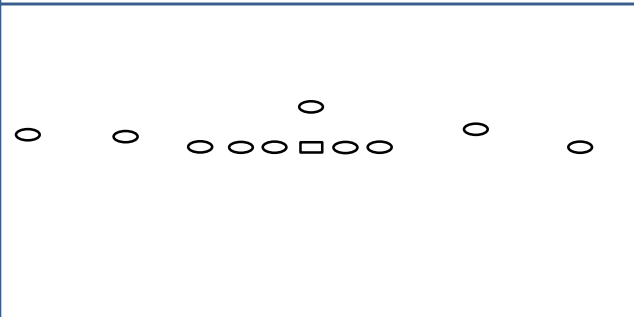
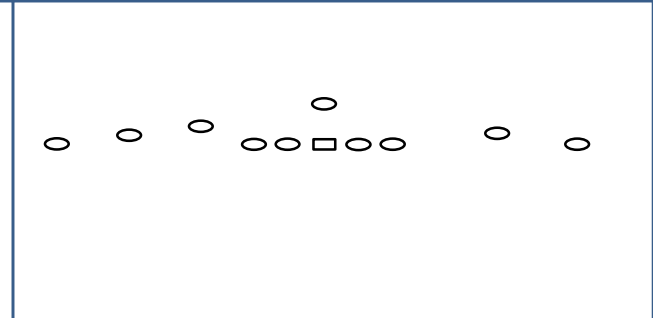
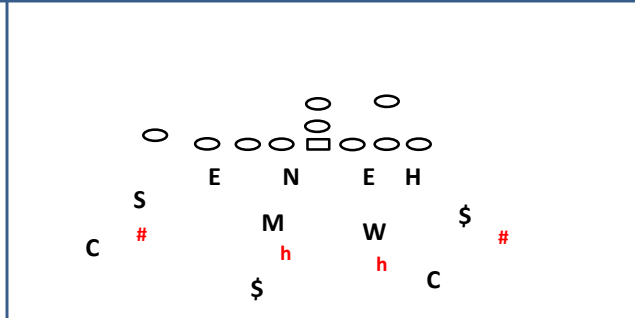
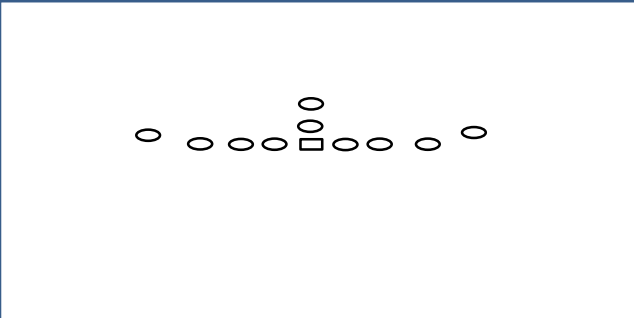
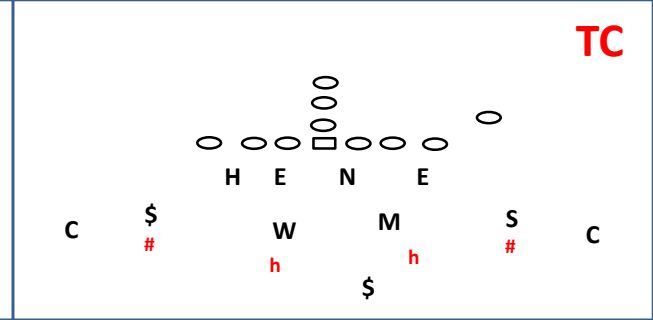
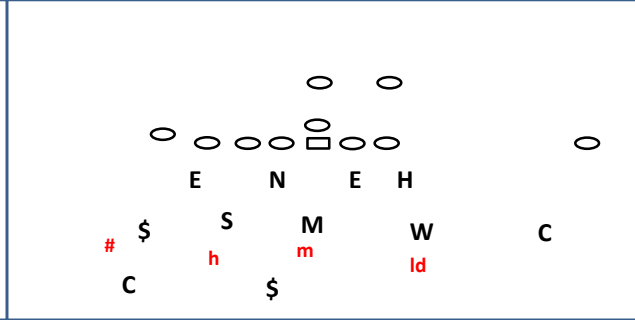
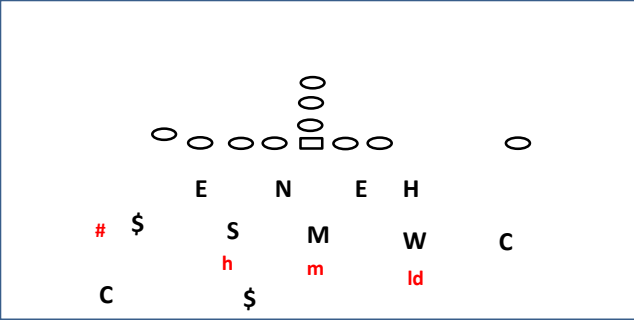
Ram fronts, 40 fronts (Cane, Hawk)

Vs 2 backs- 3 deep zone with \$\$ rocking down to rec. strength

Vs 1 back- check Silver/Copper- calls apply

#- drop to top of the numbers, h- drop to inside edge of hash, m- drop to middle goal post, ld- "lone dove" you own back out or crosser



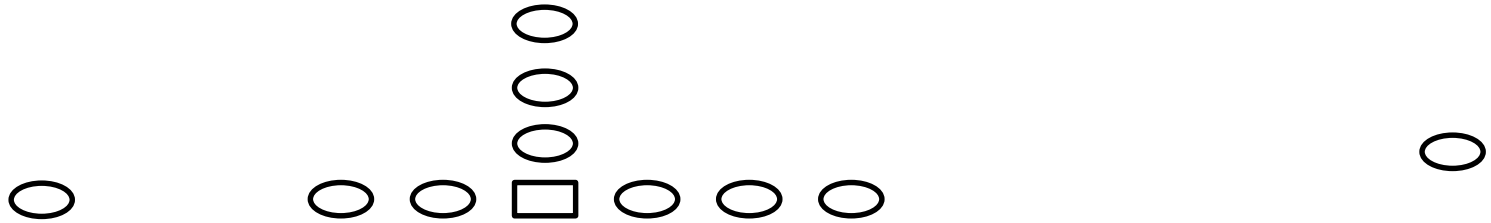


Variations
 "bump" linebackers bump instead of Safeties over"
 "Z" - backend plays a true ¼'s zone

Meg- play #3 in trips man to man with S- leaves bs c/s- to play lock-on vs #1
 Danger- play #3 in trips man to man with- leaves bs safety free or to spy or to double

Cover 8

- Deuce
- Lock (cover 7)
- Spy,
- Safe,
- Roll,
- Man free
- Falcon



No Cover Zone

Numbers

Hash

Low middle

Hash

Numbers

High middle

1/4 zone

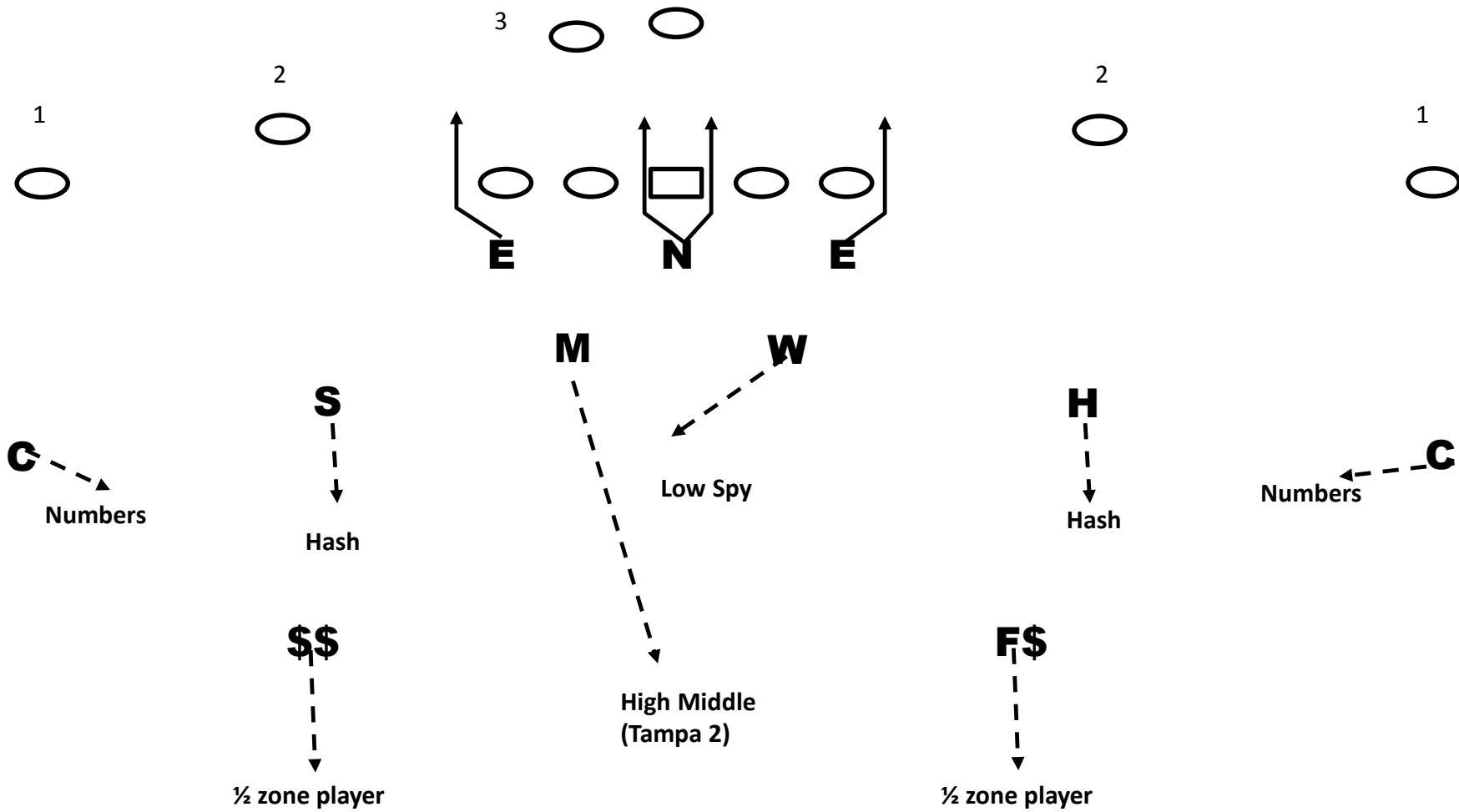
1/4 zone

1/4 zone

1/4 zone

- We are getting 8 in coverage
- 3 man pass rush
- Rally to the run
- The are many variations

32 “Deuce”



We will have a low and high middle player

The low player will spy the QB

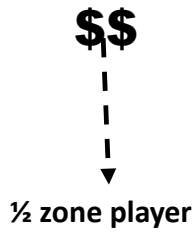
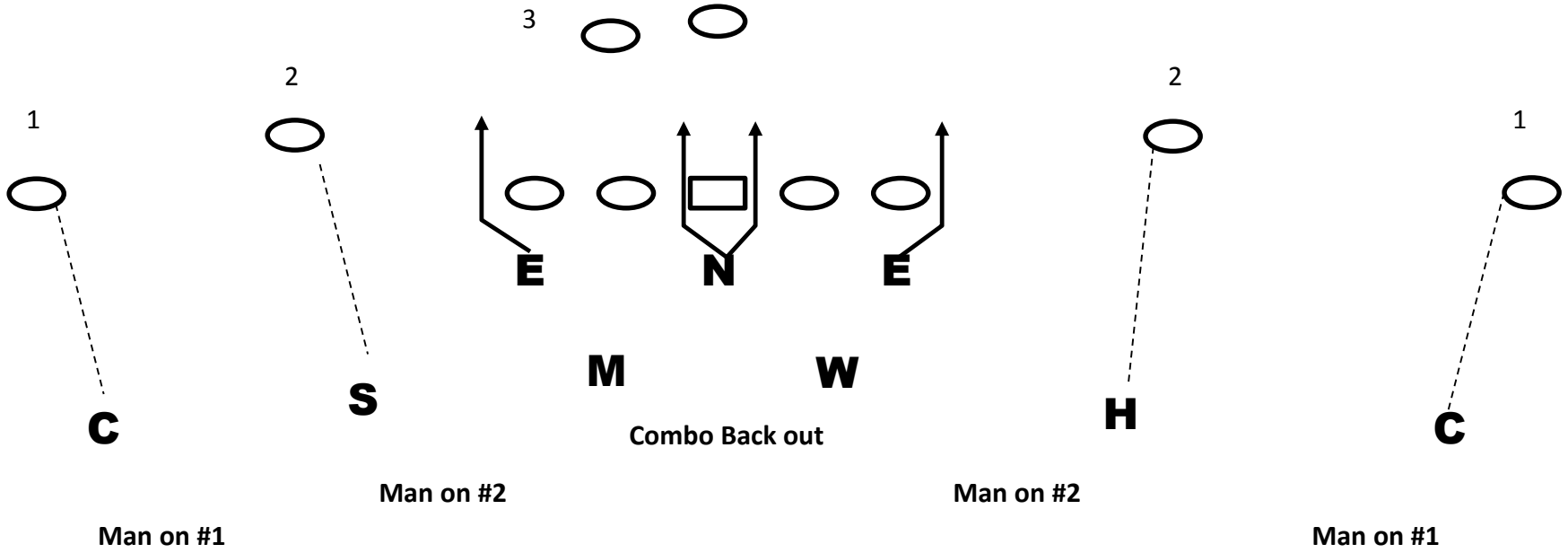
The high player will drop to the Goal post

Stay out of no cover zone

Vs 3 x1 sets- high middle aligns to the 3 side, low- away from 3

Corner away from trips- man to man, hash away from trips- run/screen/cross

32 "Lock-on"

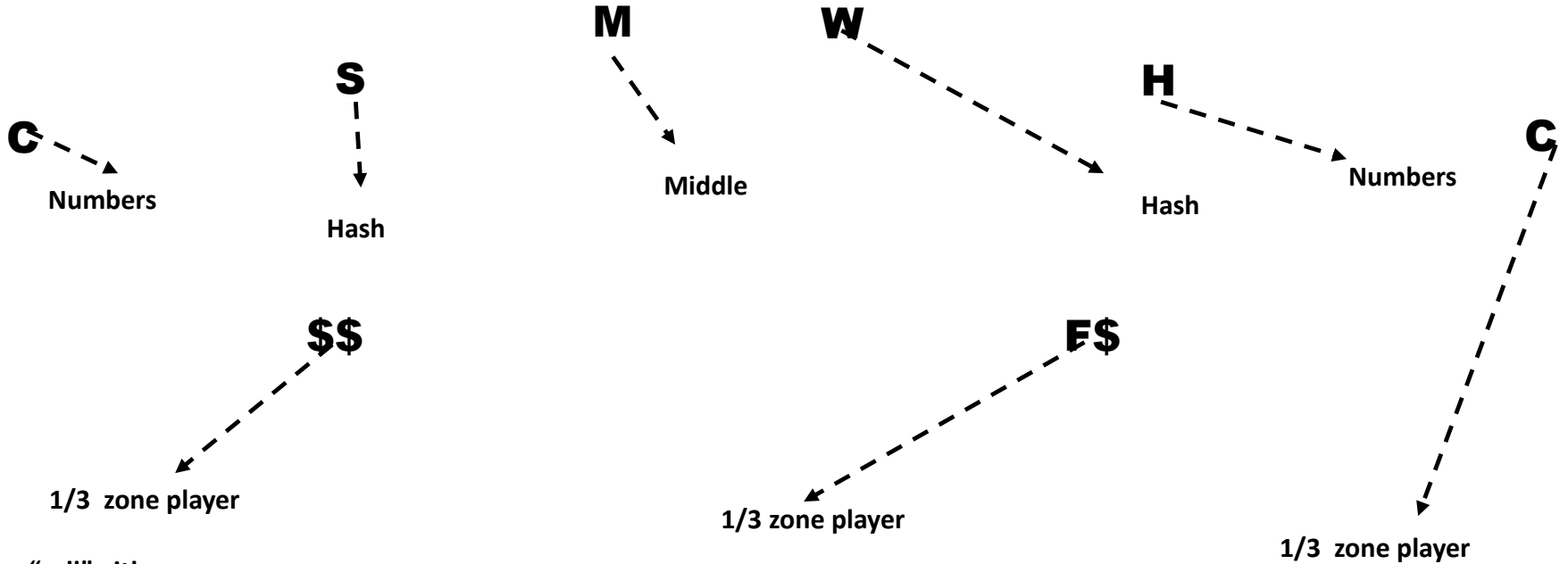
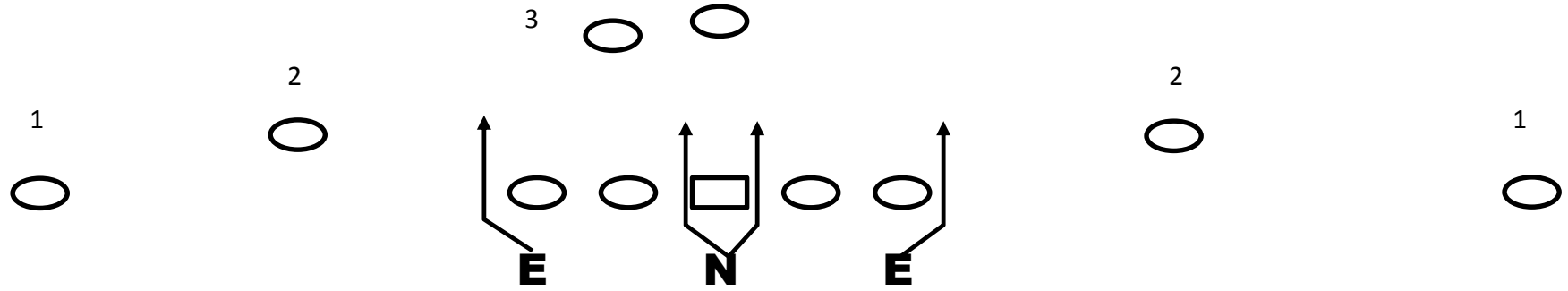


Under coverage use lock-on technique- get a tackle read- don't allow an inside release!

Mike/Will- Combo back- Back to= man to man, Back Away- Spy QB/Flow Fire

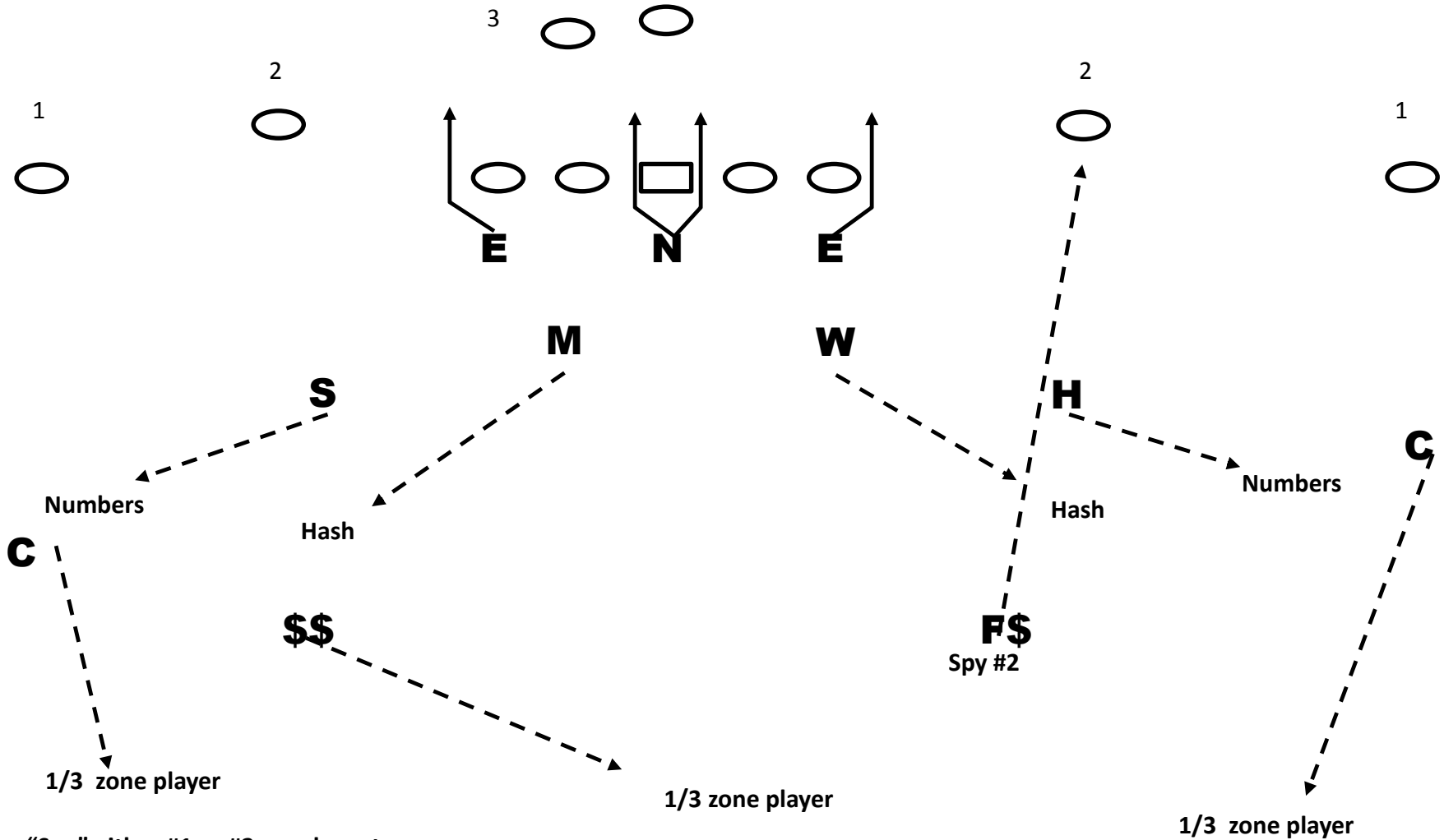
F\$/\$\$ align 12-14 yards deep- play tight enough to defend the post/skinny post- wide enough to help out with the fade

32 "Roll"



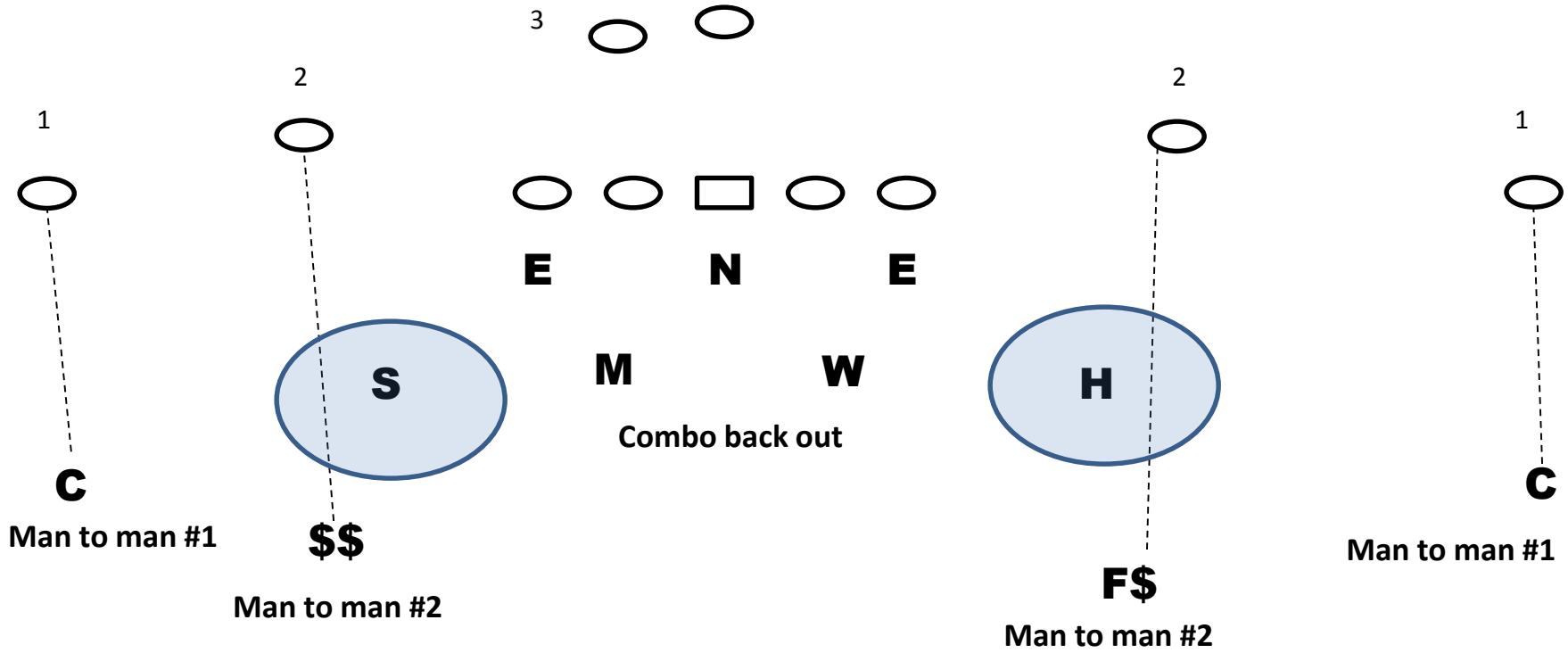
We can "roll" either corner
 Weak, Strong, Field, Boundary
 All adjustments are made by the underneath coverage and secondary

32 "Spy"



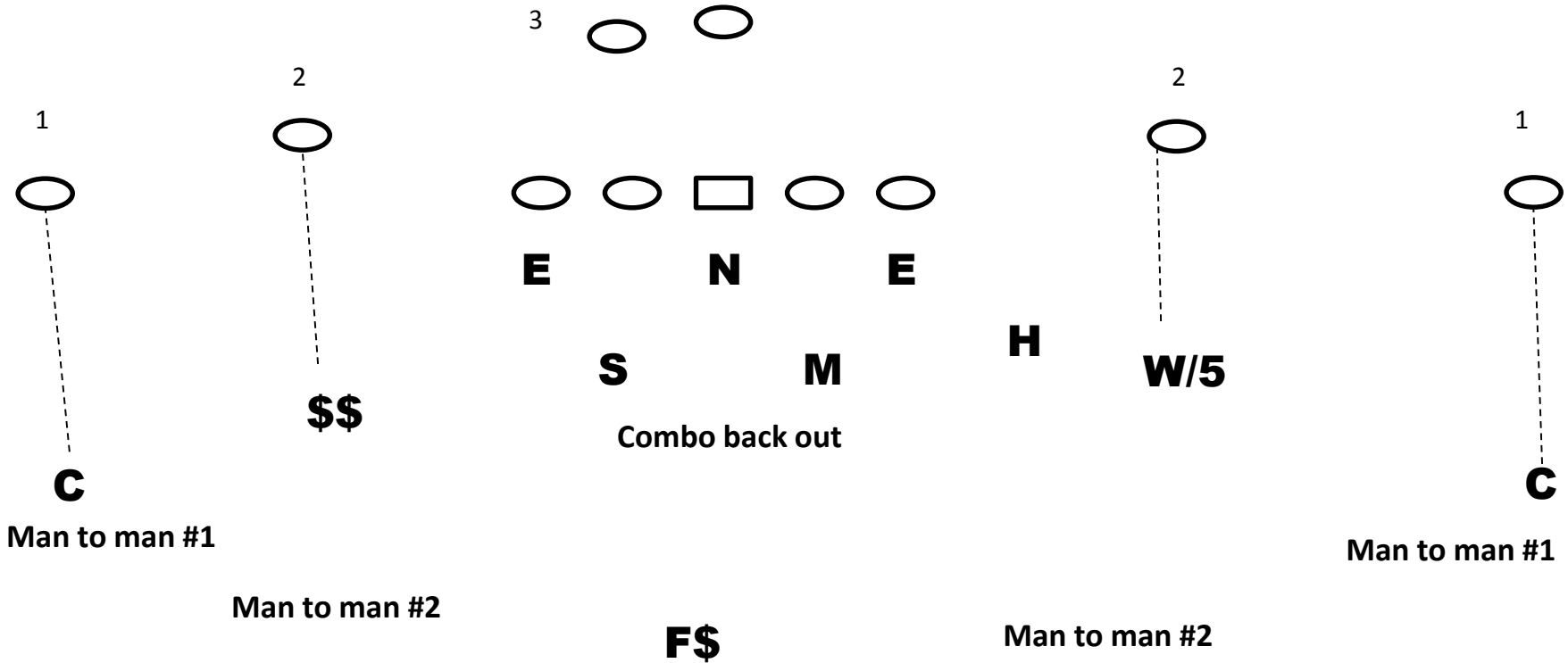
We can "Spy" either #1 or #2, weak or strong
 All adjustments are made by the secondary
 Safeties always rob/spy #2 or #3
 Corners always spy /rob #1

32 Falcon



Corners and Safeties man to man technique- no help
 Mike/Will- combo back- back to – man to man , back away- spy QB- flow fire
 Sam and Hawk- Free- tackle read- run first- pass- rob inside routes by 1 and 2

32 Black (man-free) 32 Raider (rob the run and the pass)



Corners- # 1 man to man

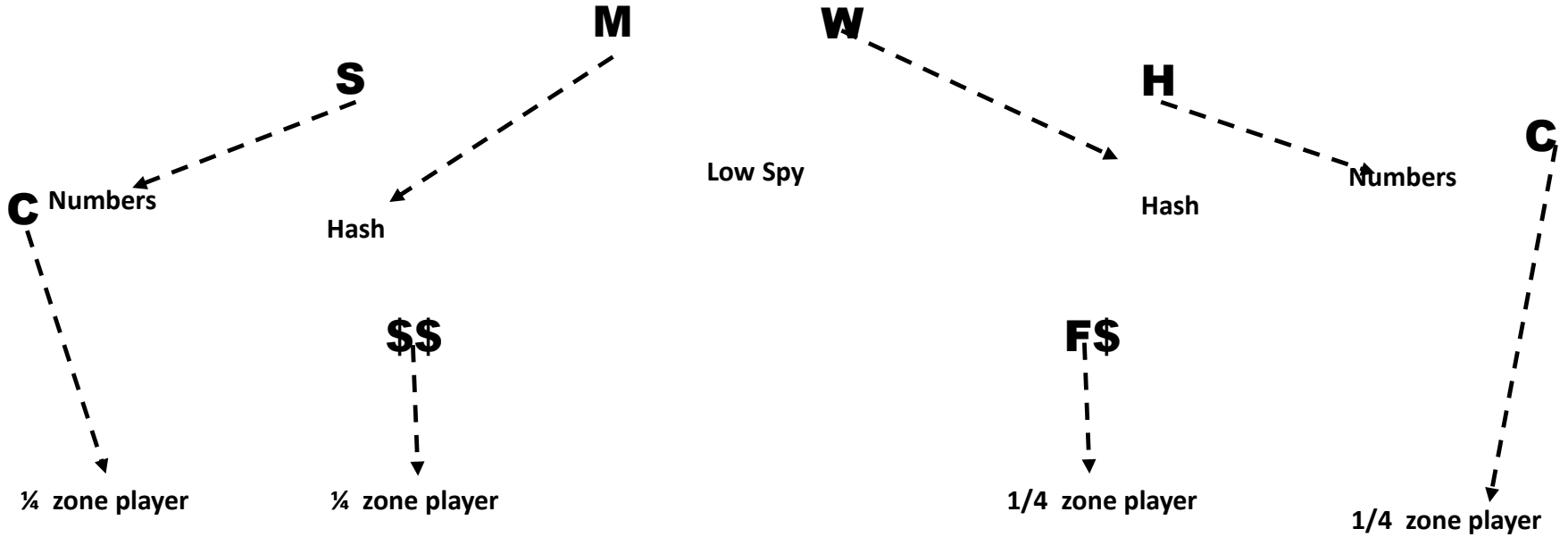
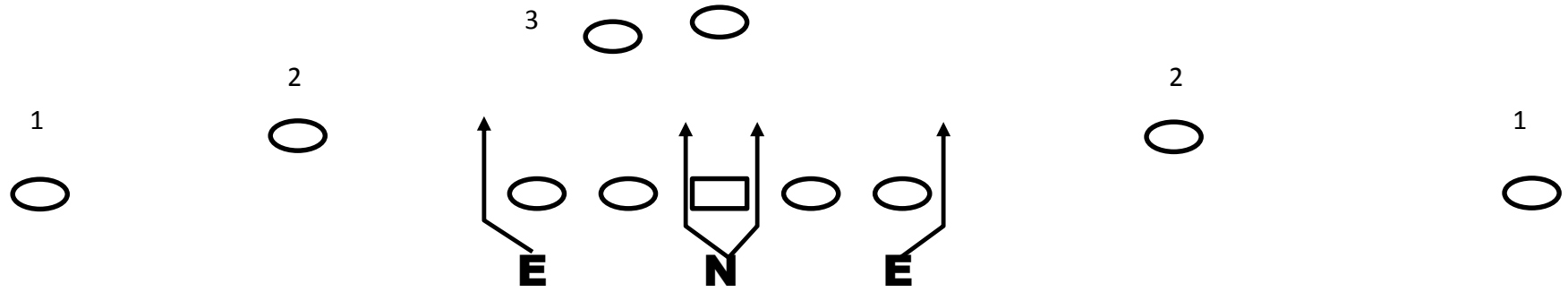
Mike/Sam- combo back- back to – man to man , back away- spy QB- flow fire

\$\$ and Nickel back- #2 man to man

Hawk – will be involved in stunt

F\$- Free

32 "Safe"



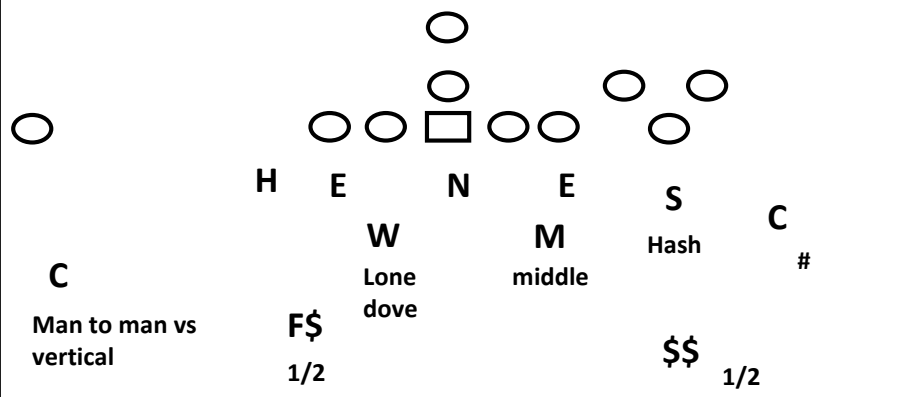
4 under – sink and disrupt routes
 4 deep- 4 across nothing gets behind us

We always want a #’s, H, and Middle player to the Bunch.

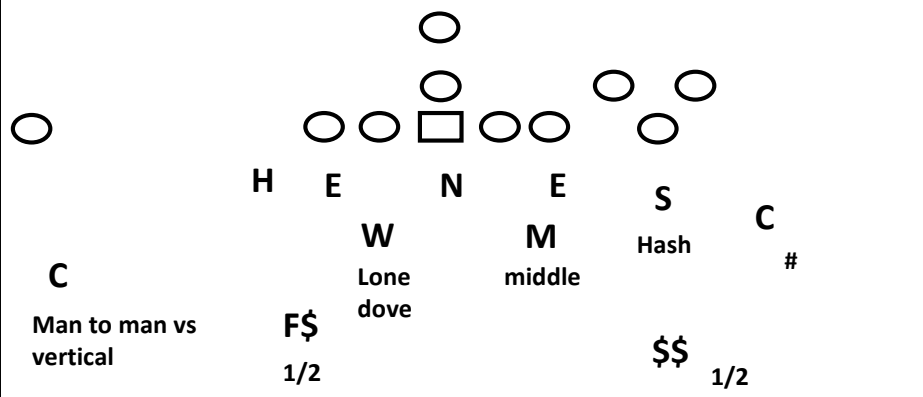
Vs. Bunch Strong

Coverage	Adjustment
Blue	Blue
Silver	Blue
3 weak	trigger and string
3 strong	Blue Invert

Blue vs Bunch Strong- stays Blue

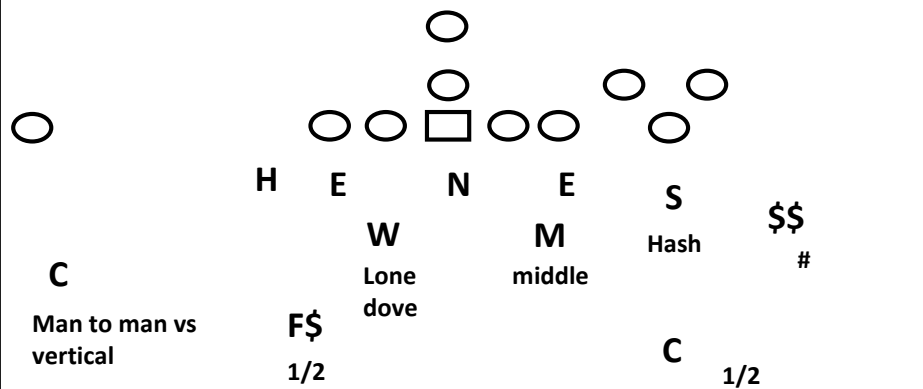


Silver vs Bunch Strong- Checks Blue

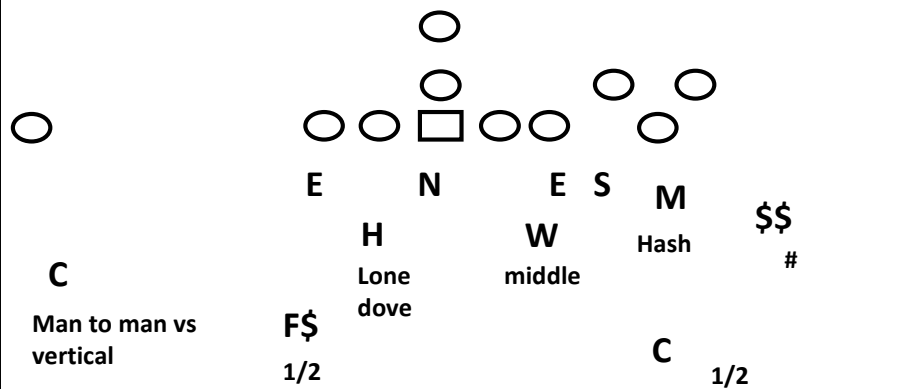


3 weak vs Bunch Strong- check trigger and string LB's (can stay in

1/3's or 1/2's



3 strong vs Bunch Strong- Blue (Invert) (M and W can switch if time)

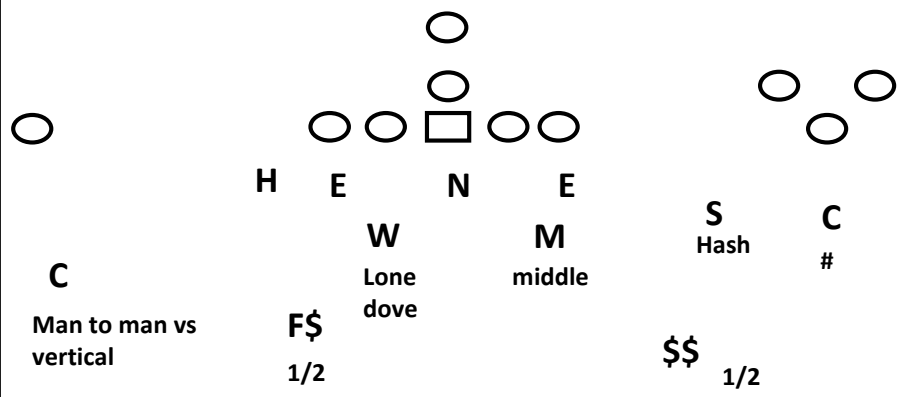


We always want a #’s, H, and Middle player to the Bunch.

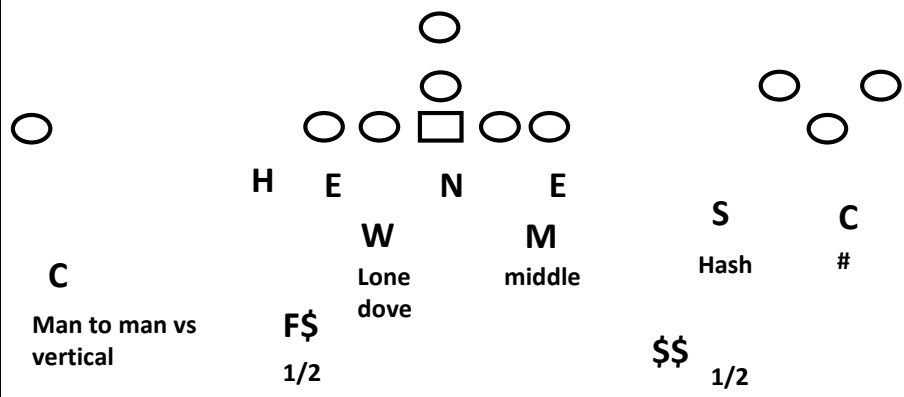
Vs. Wide Bunch Strong

Coverage	Adjustment
Blue	Blue
Silver	Blue
3 weak	trigger and string
3 strong	Blue Invert

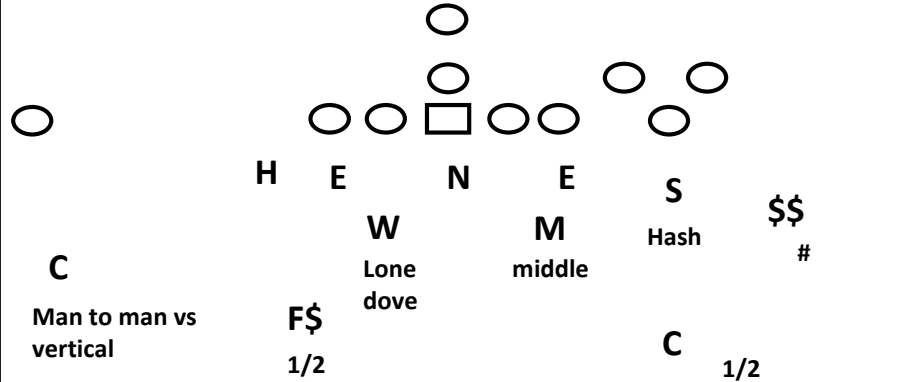
Blue vs Bunch Strong- stays Blue



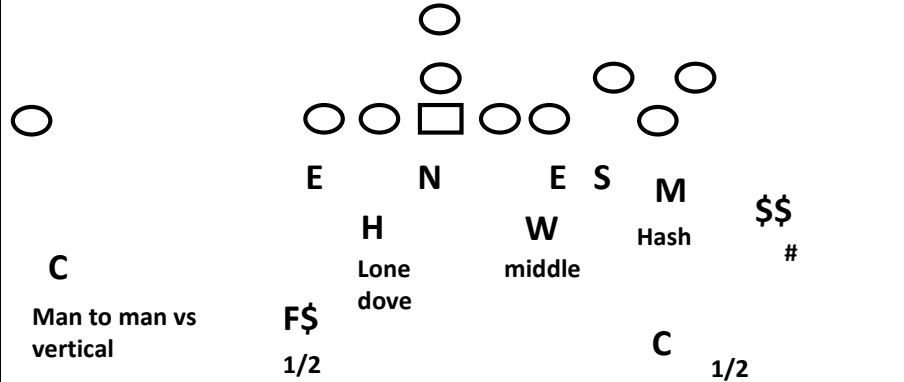
Silver vs Bunch Strong- Checks Blue



3 weak vs Bunch Strong- check trigger and string LB's (can stay in 1/3's or 1/2's)



3 strong vs Bunch Strong- Blue (Invert) (M and W can switch if time)

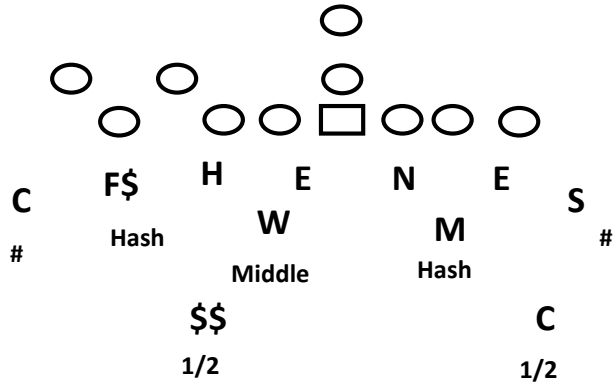


We always want a #’s, H, and Middle player to the Bunch.

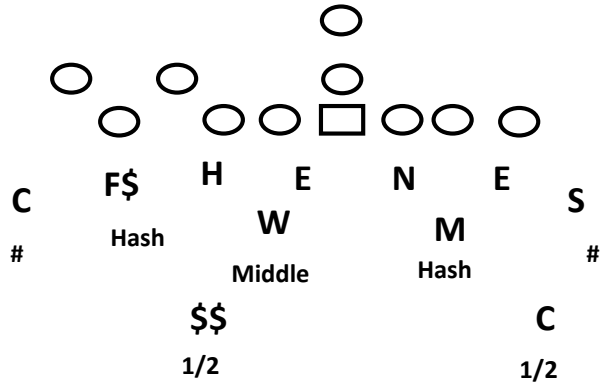
Vs. Bunch Weak

Coverage	Adjustment
Blue	Blue
Blue	Blue
3 weak	Blue Over
3 strong	Blue Over

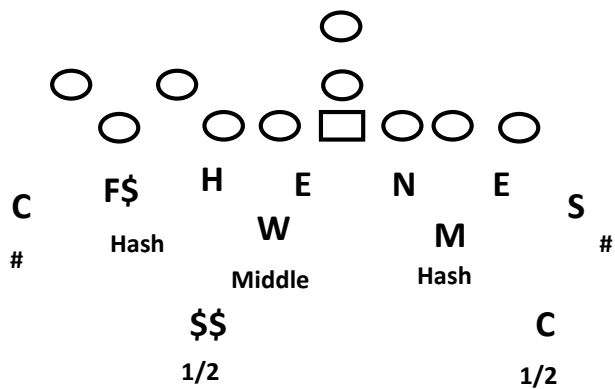
Blue vs Bunch weak- stays Blue Over



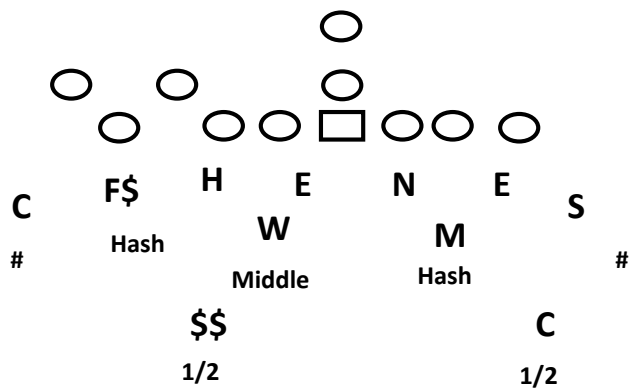
Silver vs Bunch weak- checks Blue Over



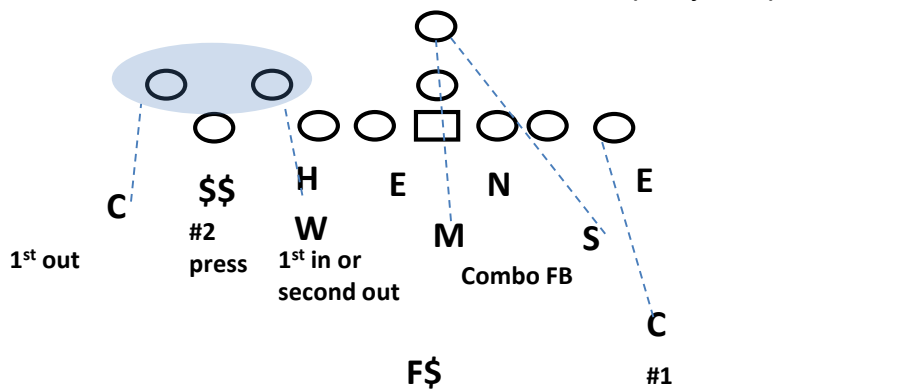
3 weak vs Bunch weak- checks Blue Over



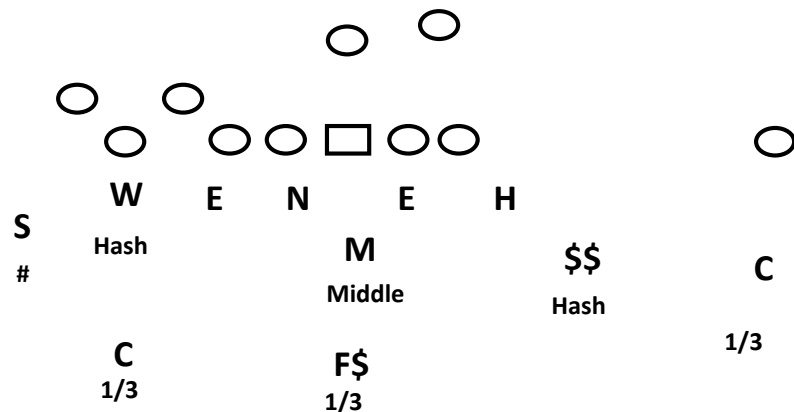
3 weak vs Bunch weak- checks Blue Over



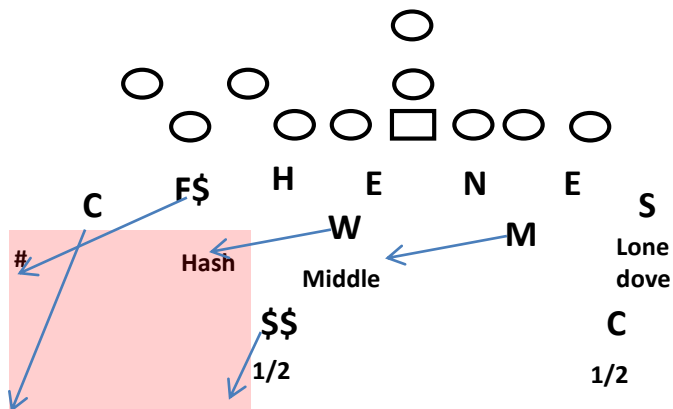
Check Black Press (another option is to put end inside TE and keep SAM outside- M- FB, Sam/C combo back out/TE ("Banjo "call)



Check Red vs weakside run threat

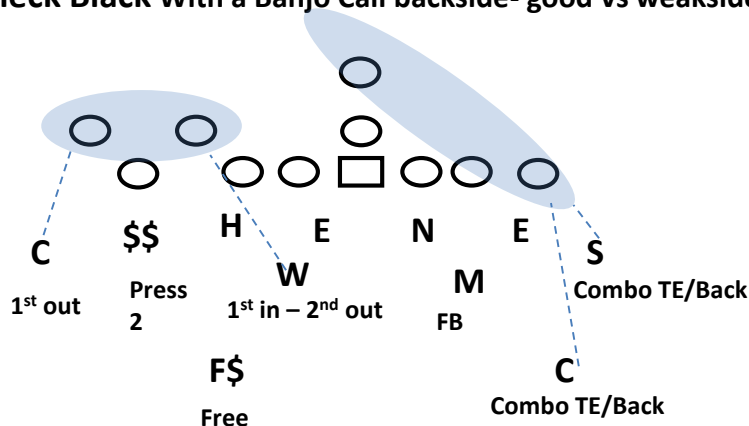


Check star Box



If double post threat-backside corner can adjust to middle of field to give a 5 over 3

Check Black With a Banjo Call backside- good vs weakside run



Glossary

A

Adjust technique- Technique by DL in which he reads the edge player- if edge player takes an inside path- the adjust player takes an outside path, if the edge player works outside, the adjust player stays inside

Adjuster- Usually the strong safety will adjust all coverage or positioning

Alignment- positioning- horizontal – “in” toward the ball, “out” toward sideline, “up” closer to LOS, “back” away from LOS

All- tag that denotes that the DE’s (hawk in four man front) will be also be involved in the stunt.

Alley- area between off tackle and the force player

Angle- DL technique- see DL section

Arson- denotes A gaps fires can be tagged in essentially any call (also mike, will, strong, weak, field, boundary, open, closed, left, right, or a specific player)

Attack- see DL technique sections

B

Back End- refers to secondary

Backer Personnel- Linebacker in for DB (see defense personnel section)

Banjo- Combo coverage between DB and LB

Barrel- denotes B gap fires- can be an additional tag – also see Arson fire for other tags

Base Personnel- 34 personnel- 3 DL, 4 LB, 4 DB

Baseball turn- 225 degree pivot

B.C.R- bootleg, counter, reverse

Bear- Defensive front

“Bite his ear”- coaching point to teach man to man players proper head placement on under patterns

“Bite his ear”- coaching point to teach man to man players proper head placement on under patterns

Black- color code for man free coverage or cover 1

Blitz- term used to describe a pre-determined attack on a specific gap by a LB or DB.

Blitz-Peel- When a blitzing player is responsible for any Back out to his side. (usually an edge player)

Blue- color code for cover 2

BO- Back Out

Bopper- RT align in weak B gap

Boundary- referring to the short field when the ball is on the hash

“Box”- adjustment out of Silver coverage vs a tight bunch formation

Boxer- Zone blitz tag that puts a DL or Nose in the middle hook zone – alert for #3

Bracket Coverage- combo coverage vs any cluster formation

Bronco- Backer is primary force

Bubble- (3 meanings) 1. specific technique of DE (see DE section) 2. natural holes of a defense created by Def. front, 3. quick outside- in screen

Bullets- b gap blitzes

Bump (2 meanings)- 1. technique used by DB- to be physical with rec. 2. “bumping” man to man or Zone responsibilities – out, usually happens in during motion

Bump and run- DB technique to be physical with rec.

Bunch- referring to 3 receiver cluster formations

Buzz- call to OLB to get to the flat immediately

C

Cage- call given to DE telling him to disregard huddle call and that he now has contain/force

Cane- code for 43 front.

Cannon- C gap blitzes

Cat- corner blitz

Check- said when you have a question

Check Coverage- coverage determine by offensive formation- when can have total check coverage , a two number check coverage example- cover 36, the first number refers to cover vs. pro formation second number refers to coverage vs a slot formation. For this purpose “pro” formation is any formation where the Y and Z line up on the same side, “slot” formation is any formation where the Y and Z align on opposite sides.

Chimp Stance- DE technique – see section

China- alert for an inside pattern from an outside receiver

Choke- Call made to trips side corner telling him he has man to man on the number 1 rec. in trips.

Choice- choice stunts to/from a predetermined check. Example: Boston Choice- we will Blitz from the backs side

Closed- When there is only 1 receiver and he is a TE

Cloud- corner is primary force

Cloudy/Clear- concept of filling your gap if it is open (clear) and tightly scraping over the top to the next available gap if original gap is closed (cloudy)

Cluster Formations- any offensive formation where 2 or more receivers are aligned close to together- alert for rub/pick patterns

Combo- any cover 2 on 1 coverage where two defenders are covering one player. (Defender covers player if he releases to their side, if he releases away defender can blitz, cover, mirror, etc.

Contain- Front player involved in PR – that cannot allow anybody to get outside of the pocket

Control- man to man position where the defender can still touch the receiver’s hip.

Corner- DB position on the perimeter

Corners over- technique in man to man or some zone where both corners are playing on the same side

Cougar- change in huddle call

Crack- offensive player blocking outside-in

Crash- DE tech. see section

Crazy- DE tech.- see section

Cross- DL tech. see section

Curl zone- zone area 12- 15 yards deep just outside the tackle box, also hash player

D

Dagger- See DE techniques

Danger- a cover 3 adjustment vs. a 3 x 1 set

“DC”- Draw Call to alert Ends and Linebackers of high probability of a Draw play

Deep as the deepest- coaching point used to teach the depth of the backside pursuit (behind the LOS) vs teams with significant counter threats. Deep as the deepest put the defender in position to choke off the bootleg/keeper while allowing to re-direct for counter or inside reverse.

Deliver- to deliver the receiver means to cover him man to man until he leaves your zone- example- in cover 2- the mike will deliver the crossing receiver to the hash.

Deuce- (2 meanings)- 1. 2 deep man under 2. Refers to controlling the number 2 rec. in the Firezone

Dime- Player personnel in which 2 DB replace the outside LB and the outside Lb's replace the DE

Disguise- showing one coverage but playing another- holding the shell- We want to always show shell or disguise our coverage. How long should you hold depends on coverage and opponent formations- rule of thumb you want to hold the disguise for as “long as possible and **practical**”

Dog- outside D gap blitzes or off the edge

Dos- 2 gap technique

Double or Double Cover- 2 defenders on 1 receiver, high/low

Downhill- refers to LB's attack the LOS

Drop back- 3 step- quick, short, timed patterns, 5 step- medium, times patterns, 7 step deep patterns

E

Edge- as is set the edge- front defender responsible for force and contain

Edit- DE technique

Empty- no backs

Exit- DE covers #'s in firezone

F

Face- DE technique

Falcon- OLB free/robbing the flats

Far Back- back opposite of LB's side

Fast read- read and pursue ball

Feather- widen out post snap

Fence Force- Pursuit – last man in pursuit must guard against cutback

Field- denotes wide field

Fill- 2nd level defender occupies gap responsibilities

Fire- Blitzing off the edge involving both edge players

Fire zone- common zone blitz coverage- 3 under (numbers, middle, numbers) 3 deep – 1/3's

Flash- Free safety occupies middle zone in firezone (see strike)

Flat- area of the field outside the curl zone, usually top of numbers to the sideline- 12-15 yards deep

Flood- any combination of multiple receivers in one zone

Flow (full, fast, split, counter)- backfield action- Fast flow- both backs outside to same side, Full flow- Both backs to same side downhill, split flow- backs flow in different directions often from I, counter flow- both backs start in same direction , one then counters back

Foot- positioning of an edge player- inside foot on outside foot of TE or T, off the heels of DT

Force (primary)- player responsible for “forcing” play back inside

Force (secondary)- player who works off of the primary force- make him right

Forty personnel- DE in for Hawk- 4 true Down lineman

Free- Safety on the roof

Frisco- in 43 scheme Frisco mean Safety will blitz and the invert linebacker to that side will control #2 and the numbers

Front- refers to DL/DE/LB’s and sometimes strong safety, numbered 1st number- DL, 2nd number- LB- ex. 44

FSU technique- Pure pass rush sprinters stance from DE

Funnel- cover 2- forcing receivers to the safeties- corners funnel in, OLB funnel out, Safety on the hash

G

Games- terms used to refer to any combination of DL stunts.

Gap- area between two OL A gap- center/guard, B gap- guard/tackle, C gap- Tackle/End, D gap outside

Gap hand- as in “keep your gap hand free”- Free/Firm-

Gap foot- a player is gap footed when his outside leg is stacked behind the inside leg of the player just outside his gap. Example- an outside LB with c gap responsibility is gap footed if his outside leg is stacked behind the DE.

Ghost- align on an imaginary TE

Goal line- Goal line personnel- DL in for DB- 5 DL + H, 2 LB, 3 DB

Goal line Green- see lock-on

Green- color code for straight man to man coverage- also know as cover 0

Hammer- See DE technique section

Hard Technique- vs option- defender with pitchman responsibility will attack Pitchman immediately- intended to force the QB to run the ball.

Hash- zone drop- aiming point inside edge of hash

Hawk- Weakside outside LB- often aligns as a De in a forty front

Head up- Nose to nose

Heavy Personnel- Option to replace Sam and Hawk with DE's this will make the 34 into a 52

High Middle- deep middle LB will to middle of goal post and will continue to get depth looking for Digs and Post routes, also know as a Tampa 2

Hitman- refers to cutback player

Hole- refers to middle hook zone

Hook to curl- zone from middle of formation to 3 yards outside End

Hub cap- Linebacker responsible for #/H- when the #2 is in the backfield- align inside leg on outside leg of T or TE.

I

“If you can make – take it”- concept that gives LB's freedom to fill gaps when the see openings

“I'm here”- just like silver call- call made by safety to Primary force in cover 4 when there is no removed #2- this tells the Primary force that the Safety will make you right

“In”- (2 meanings)- 1. Call from OLB, invert, or corner that moves DE from a 9 tech. to a 7 tech. 2. Call made by zone players that tells inside players that an outside receiver is running a pattern inside or crossing

Inside- out leverage- cutback player works to stay on the inside shoulder of a ball carrier

Invert (2 meanings)- 1. Linebackers aligned in c gap ie. 43 or 53, 2. Reversed positioning of corners and safety- ie. Cover 6 invert

Island- call made to corners that tells them that they have man to man coverage with no safety help often a result of the 15 yard rule or aligned away from trips in a 3 by one set.

Isolate- straight man to man- where they go you go—refers to a specific linebacker technique

Previous

J

Joker- showing one a blitz then bailing out- see “show”

Jump to- showing on front than jumping to another

K

“Keep it”- call from safety or linebacker that says we will not adjust out of the call or the coverage- regardless of what the offense does- normally associated with a blitz

Kill + new cover- a kill call tells the defense that we are killing the coverage and that they need to look at the coach for the new cover signal- this happens fast and is pre determine based on specific coverage vs problem formations. For example, if we are running cover 3 vs a double slot – it may be game planned to kill the coverage.

L

Larry- call by safety to indicate direction that he will rock down in a loaded zone scheme- in this case left

L cut- Receiver cuts to the outside ie. Square out

Levels- 1st level- DL/DE, 2nd level- Lb’s, Corners, 3rd level- Safeties

Liz- Strength call to the left (opposite – Rip)

Loaded Zone- Coverage adjustment that vacates a specific low threat zone and “loads “ a threatened zone- pre snap – often load to field vacate the boundary

Lock-on man to man technique in which the defender will always be between the QB and Rec. (aka GL green)

Lone Dove- denotes LB away from shifted secondary- responsible to carry any crosser or back out

Long Scoop- reading or angling across two gaps (see DL technique)

Loose- normal shade technique would be inside eye on outside eye of OL- loose – inside eye on outside shoulder of OL

Low Middle- middle hole spy

LPP- “**Long as possible and practical**”- whenever you are disguising, stemming, sugaring up you should hold your deception for as “long as possible and practical” meaning disguise for as long as possible but not at the expense of being able to do your job.

Previous

M

“Mable”- man to man call

Mace- 34 inside fires/stunts

“Making him right”- refers to secondary force player playing off of the primary force- if primary force goes inside- the secondary force goes outside , primary- outside- secondary – inside

Maggie- Man aggressive, normally with safety help over top

Man over- see DL technique

Middle hook- middle hole- control #3- aiming point middle of goal post

Mike- strongside inside linebacker

Monster- OLB or Strong safety who is designation to go to the strongside of the formation or receiver strength- For example 52 monster.

Motion- pre snap movement by offense- this will not impact strength

N

Near Back- for a linebacker it is the closest back

Near Guard- for a linebacker the guard to his side

Nickel- personnel grouping in which a DB replaces a LB and the OLB replace DE

No Cover zone- area from LOS to 7 yards deep that zone players will not defend

Nose- DT that covers the center in odd fronts and plays ST in even fronts

Notre Dame- DL technique that puts DT's in 4i

Numbers- Zone drop to the top of the numbers, normally a 2-1 pattern read

O

Off- OLB alignment- 3 x 3 or 4 x2 off the EMLOS

Okie- “ok” or keep the stunt on

Omaha- pre snap check that resets front , stunt, and coverage back to the original huddle call

Open- refers to the side of the offense opposite of the TE

Outside-in leverage- to force the back inside

Over front- 4 1st level Defensive players- interior lineman shift to the strength, linebackers shift weak

“Over”- secondary call in cover 4 that changes the coverage to cover 6.

Own- when you own the man it is referring to man to man responsibilities.

Ozcar- checking to cover 2 vs a bunch formation

P

Packer- Nickel coverage associated with a four man front in which SAM replaces the DE and a 5th DB assumes the OLB position.

Peel- see blitz peel

Penny- corner in for a safety

“Peter”- code for pinch

Pinch- DL technique, see section

“Pitchman”- a tag used when playing option teams. This tag means that we are switching the responsibilities between the defender who normally has the pitchman and the defender who normally has the quarterback

“Play it”- Call by safety that tells the secondary that we will stay with the original call

PR- Code for pass rush

Press- DB technique- press man to man coverage- see section

Pressure foot-floater foot- coaching point for stunts/blitzes, pressure should be on foot opposite of the direction that the defender is going

“Pro”- refers to all offensive formations that the Y and Z are on the same side- specifically dealing with check coverage, first number refers to coverage vs pro sets, second number deals with coverage vs slot sets. Example- cover 43 – vs pro set cover 4, vs a slot set cover 3.

PSU technique- Technique used by primary force players to defend against a crack threat- see LB/DE section

Psycho- Dime package that used 1 true DL, 6 DB, 4 LB's

Purple- showing cover 3 but playing cover 2

Q

Quick/Quick side- refers to offenses that use a strong and quickside, quickside usually pulls/traps

R

Radar- refers to a pre snap technique in which the defenders are in a 2 point stance and not stationary.

Raider (robber)- free player(s) will pattern read and aggressively jump patterns when QB's long arm leave the football

Ralph- call by safety to indicate direction that he will rock down in a loaded zone scheme- in this case Right

Ram (read/angle/slant)- 34 stunt coming from the Rush side

Read- DL tech. see tech section

Read out- on certain blitzes the linebacker can “read out” meaning as he is reading on the run if the offense is clearly attacking a gap that is opposite of the blitz and he would be wasting himself if he fires his gap he can “read out” note: this only applies to specific blitzes and/or may be communicated by the coach.

Red- color code for all 3 deep

Reggie- read by weakside DT/DE

Remaining Back (ACE)- 1 back set in which the back aligns behind QB

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Removed- when a receiver is more than 5 yards from the T or TE

Rip- strength call to the right

Robber- see raider

Run-Rob-Roll (RRR)- Safety technique in Cover Silver vs a tight number 2

Rock- Safety controls the numbers to blitz side

Roll- 2 meanings- 1. In firezone- corner is the numbers player 2. roll coverage safeties and opposite corner to a specific side- essentially a rotation of the shell

Roof- top of secondary shell- often free

Rover- Player personnel (S in for LB) or referring to the \$\$- the Rover will make all secondary adjustments

Rush End/Tackle- The side of the Def. line that aligns away from the TE

Rush to cover- see Blitz-peel

S

Safety- DB- 3rd level defender or numbers player

Sam- Strongside outside linebacker

Sambo- Combo coverage between Corner and Safety

Same foot-same shoulder principle- coaching point used in teaching how to attack blocks

Scrap- Downhill – inside out- tight to the light (scrap the skin)

Scrap exchange- vs zone read- DE- will read down the line (he becomes a C gap player), the Invert Linebacker will scrape outside becoming D gap player.

SCIF-- x Seam/Curl/IN/Flat- crosser- refers to the patten progression for the Numbers player

Seal- Hash player technique to prevent an inside release/pattern from an outside receiver- shell cover

Seam- area just inside the hash

See the Green- another term for Cloudy/Clear- fill the hole- “if you can make it, take it.”

Shade- DL shades to the inside or outside of OL- not head up

Shale- OLB is the numbers player in firezone

Show- Linebackers will show their blitz and then back off

Show and Go- linebackers will show their blitz and go

Silver coverage- ¼’s

Silver call- “I’m here” see DB section

Single- blitz in the bear front- Single followed by a position tells the Safety that he is taking the man for the blitzer. Example: Single Mike- mike is blitzing, 0 cover and the Safety is taking the Mike’s man

Sky- Safety is primary force

Slam – 34 stunt /firecoming from the strongside

Slant- 2 meaning- 1. DL tech. see sections, 2. Wr- inside pattern (#2 on the tree)

Slide- sliding the under coverage responsibilities of the linebackers over to a specific side. (loaded zone concept)

Slot- receiver between the tackle and the #1 receiver

Slow Read- action away – think cutback, counter, reverse, bootleg

Soft Tech.- defending the option through cat and mouse techn- used against inexperienced QBs, or when we want to slow the option down.

Solid- tag used to tell the Hawk and Sam that they are attached to the front and will not be part of the pass coverage- regardless of offensive formations.

Soldier- In a 43 sliding the Linebackers to the strength, see War for opposite

Speed- Pass rush personnel that places the fasted DE’s/DL’s/LB’s on the line.

Spill- technique used by a force player- as know as “wrong arming” force player will attack kickout with the outside shoulder and look to collapse the hole and making the ball carrier bounce it to the scrapping linebackers

Spot-Ball-Speed- Coaching point on blitz- pre read your spot, key ball, get off!!!!

Spy- when a second level defender is assigned to the QB

Spy-flow fire- second level defender who is not a force player will get depth and spy the QB- if the QB breaks the tackle box he will fire to the flow of the actions.

Squat- Call from safety to corner in any read #2 scheme where there is a 10 yard square out route by #2- Corner must squat on the square out and the safety will adopt the number 1 receiver after he is certain that the number corner has squatted on #2

Squeeze- technique used by force player – opposite of spill- he will attack the kickout blocker with his inside arm while keeping all blockers and ball carriers inside- must stay square- step same foot-same shoulder

Stack- alignment of linebackers that puts them directly behind a DL

Stay- technique used by backside defender vs action away- he is think bootleg, counter, reverse

Stem- DL/DE originally show one technique and shift to another- pre snap

Strike- Strong Safety occupies middle zone in firezone

Stinger- DE technique- see DE technique sections

Strong- referring to strength of offensive formation- TE

Strong side of line- referring to Offenses that use a strong and quick side

Strong Backs- backfield formation shifted to the strength of the formation

Stunt- Defensive line movement example- angle, read, slant, pinch, etc.

Stud End/Tackle- DE and DT that align to the strength of the offensive formation

Sugar up- to initially deceive by alignment- blitzers can make it look like they are in coverage while coverage players can show blitz

Swap- Combo coverage where the OLB, ILB combo cover the backs and TE.

“Switch”- call made to Linebacker from a safety telling LB that he will take his back out responsibility and that he can stay in the box. See coverage section – cover 4.

Tackle Box- area tackle to tackle- and from the LOS to 7 yards

Tackle read- technique by OLB – they are looking for fire outs and high hats

Tampa- dropping ILB- into a deep 1/3 in cover 2 coverage.

Tanjo- Combo coverage between two inside LB's

Technique- term used to describe position of a front player related to the OL, or term used to describe a specific type of skill.

Tight- Alignment of OLB that's puts them at 2 x2 outside the TE or Tackle

Tim- code for tackles in

Tilt- DL technique- see section

Tom- code for Tackles out

Top him- stay on top him on outside patterns expect him to turn it up.

Trade- TE shifts from one side to the other- trades do change strength

Trail Technique- backside pursuit behind the LOS- no deeper than the deepest.

Trey- referring to middle hook and controlling number three in the zone, when there is a "Trey" call it is telling the DE who had originally been responsible for the numbers that he now has the middle zone and to control #3. Often happens vs a removed #2.

Triangle Read- guards and near back read

Trigger- re-rock the safeties

Trouble- tackle over

Tuff- code name for a 52

Two way go- PR option where the Pass rusher can choose what gap to attack

U

Unbalance- unbalanced line- X/Y on same side – call “unbal”

Under defense- In 4 down lineman fronts- the two interior lineman shifted away from strength, LB’s shifted toward strength

Up technique- OLB/Invert plays in a 7 technique and off the heels of the DT

V

Vicky- code name and check against for 4 verticals (in cover 3)

Vice- Backside Corner and Backside LB bracket #1 away from trips

W

Waggle Read- DE reading FB- FB- to stinger, FB away- Trail technique no deeper than the deepest

Walk- when the OLB detaches himself from the front to cover rec. split the differences between #2 and the tackle.

Wall off- seal or prevent receiver from entering the middle of the under coverage.

War- In a 43 – sliding the Linebackers to the weakside

Weak- referring to the weakside of the offense

Weak back- Back aligned away from the TE

Wheel- 2 meanings- 1. offensive pattern similar to an out and up, 2. Call made vs a removed #2 in quarters coverage. This is telling both the S and C to $\frac{1}{4}$ their zones and be alert for a wheel roué by number #2.

White- color code for cover 6 or $\frac{1}{4}$ $\frac{1}{4}$ $\frac{1}{2}$

Will- Weakside inside LB in 34, 44, 52 and weakside outside lb in 43

Window - referring areas of the zone defenses that the QB has clear vision. To get into the window means to disrupt QB vision by hanging in those areas.

Wolf- ILB controls #2/numbers player in the firezone.

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X

X- referring to the split end

XC- cross country- wheel route from the backfield

Y

Y- referring to the TE

Z

Z- referring to the slot rec. or a flanker on the same side as Y

Personnel groupings	Number of Backs	Number of TE's	Number of WR's	Code Word
21	2	1	2	Regular
11	1	1	3	Bandit
10	1	0	4	Quads
22	2	2	1	Heavy
12	1	2	2	Ace
0	0	0	5	Empty
32	3	2	0	Full house
20	2	0	3	Open

When communicating Player Personnel coaches and players can just relay the number of backs and TE's

Example- 3rd and short- 21 personnel

Defensive Personnel Packages

Fronts: All

In 4 man fronts the Hawk will play the RE

Note: We will be in the 34 front about 50% of the time, but we will be in 34 personnel about 90% of the time

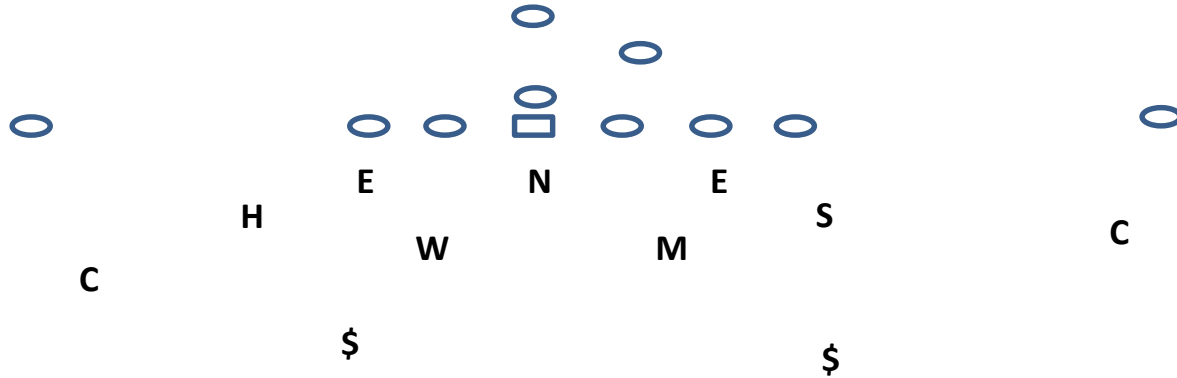
Base

3 DL

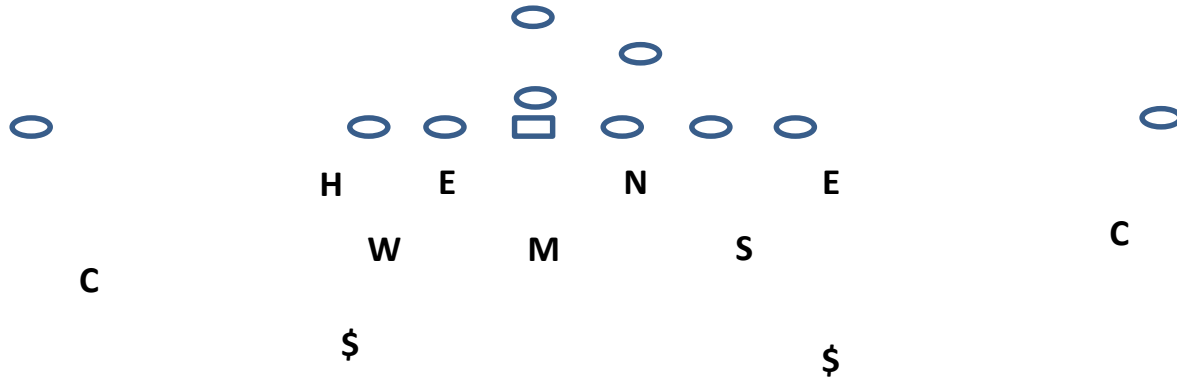
4 LB

4 DB

Odd look



Even look



Penny

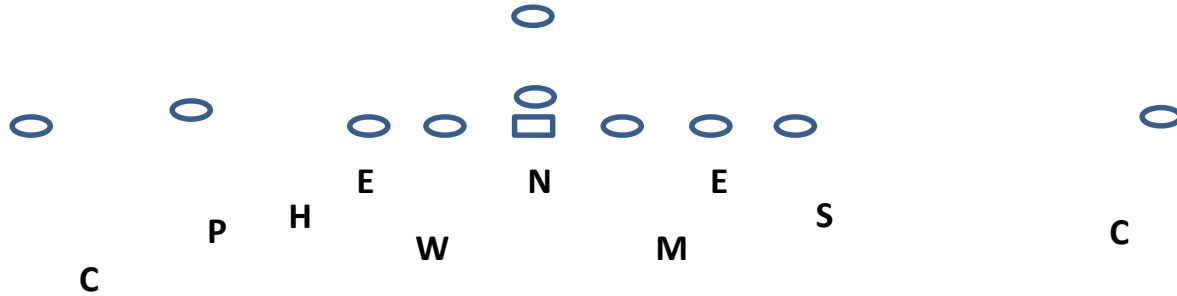
Fronts: All

In 4 man fronts the Hawk will play the RE

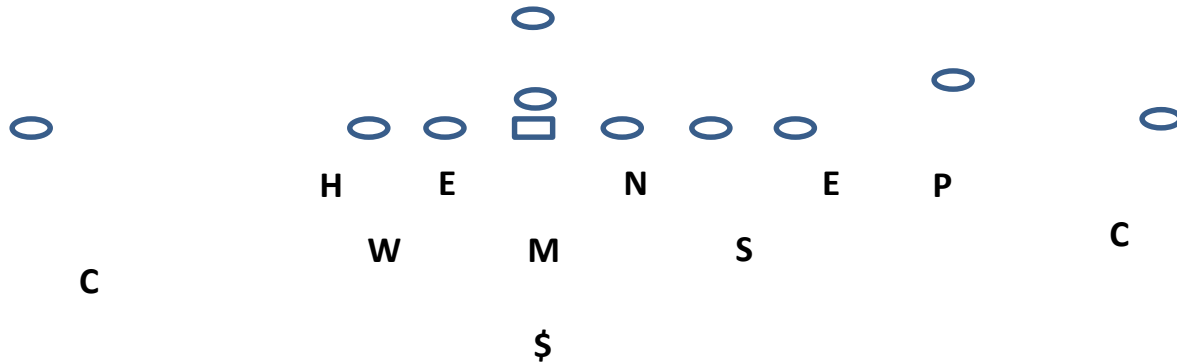
Note: We will replace one safety for a corner
Good for man to man defenses and when
locking down a player

3 DL
4 LB
4 DB

Odd look



Even look



Defensive Personnel Packages

Rover

3 DL
3 LB
5 DB

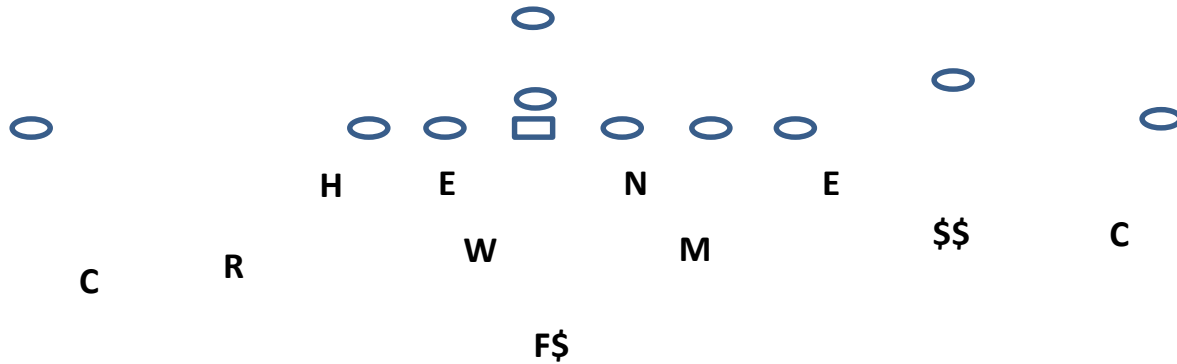
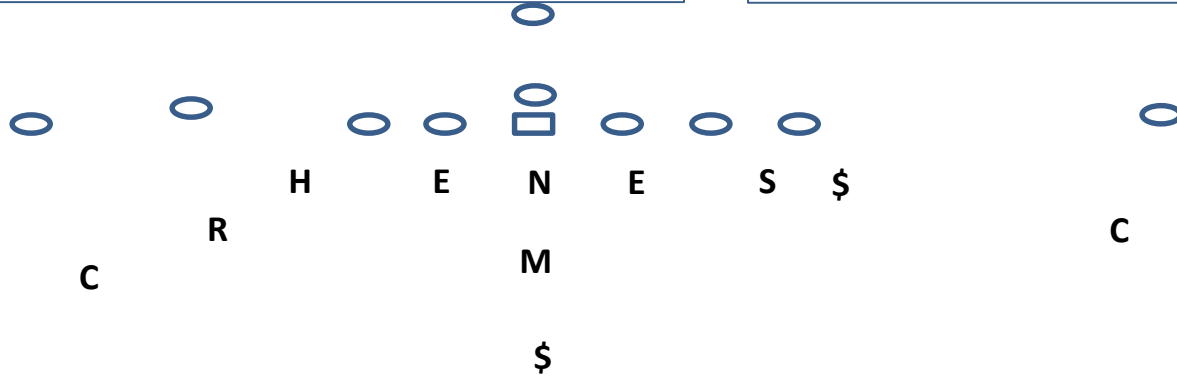
Fronts: All - good for Bear and man to man coverage

In 4 man fronts the Hawk will play the RE

Note: Additional DB in for Will- good for man to man defenses against one back

Can subs. Additional DB in for Hawk

Odd look



Even look

4-2

5

Defensive Personnel Packages

40

Fronts: 4 man fronts, 44/43, under, and tuff

Additional DL replaces H

Note: We will use this package if we don't have a Hawk that can serve as an effective DE.

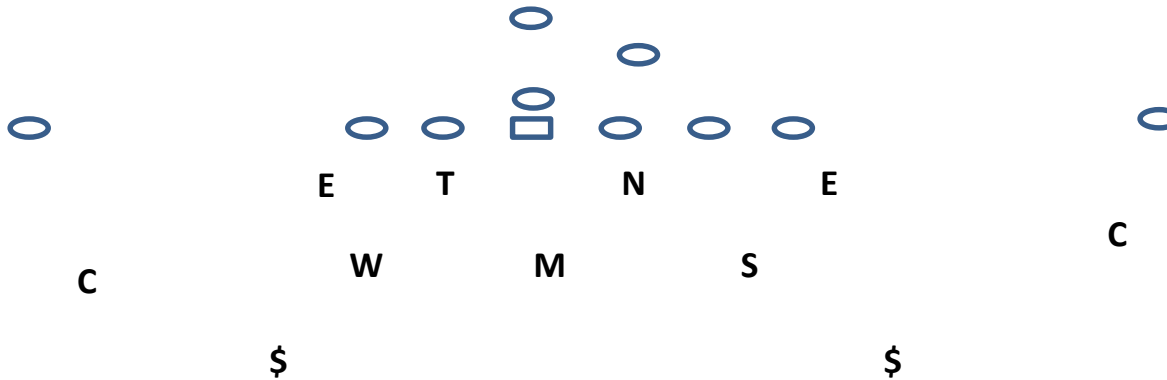
We will never run 40 personnel with 34 front

4 DL

3 LB

4 DB

Even look



Defensive Personnel Packages

Nickel

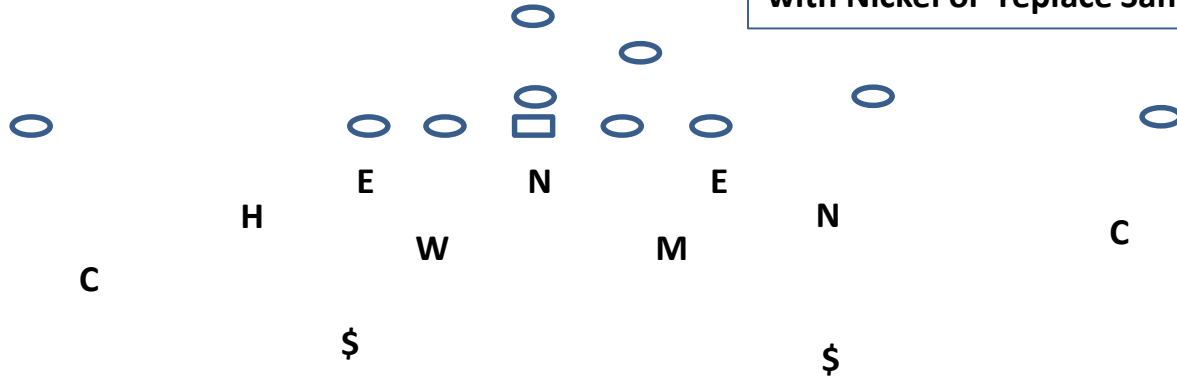
Fronts: Field fronts
We can run anything out of our nickel package 4-2-5 looks

Note: We won't run heavy fronts with nickel personnel

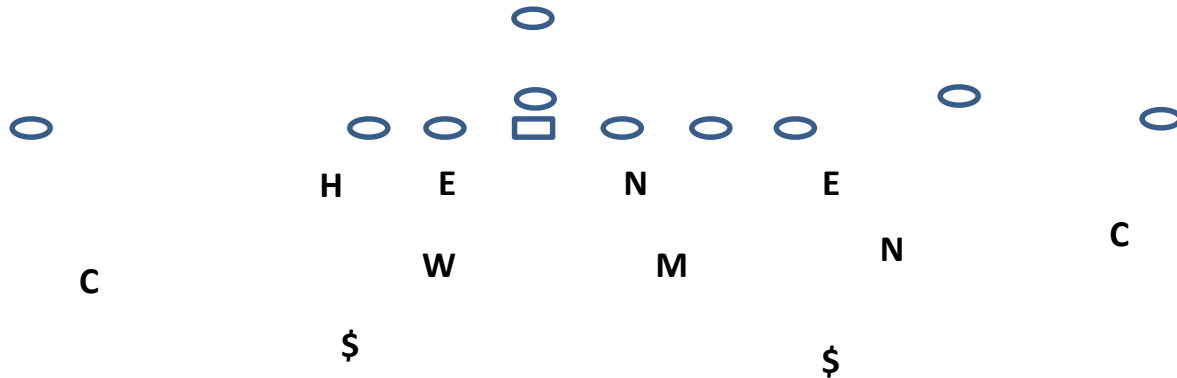
We will send the Hawk to play DE and replace with Nickel or replace Sam with Nickel

3 DL
3 LB
5 DB

Odd look



Even look



Defensive Personnel Packages

Fronts: Field fronts mostly 40 fronts
 We can run anything out of our Packer package

Note: We won't run heavy fronts with Packer personnel

5th DB will replace DL

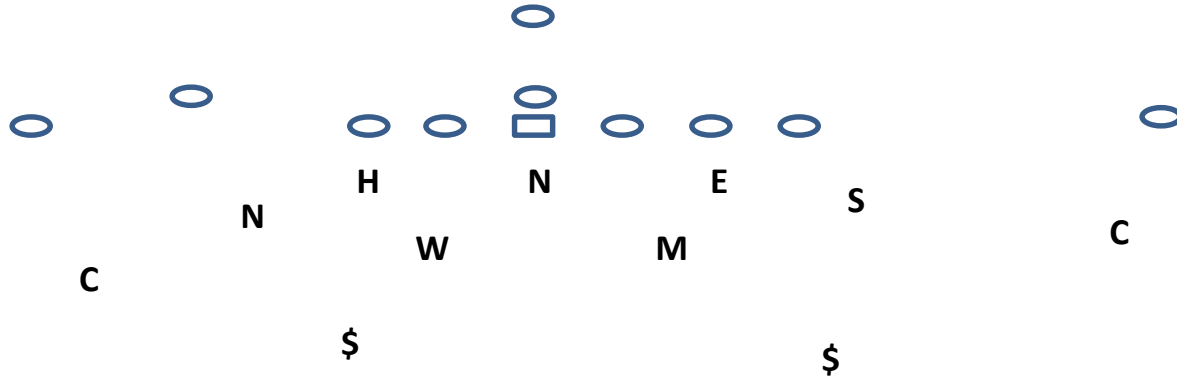
Packer

2 DL

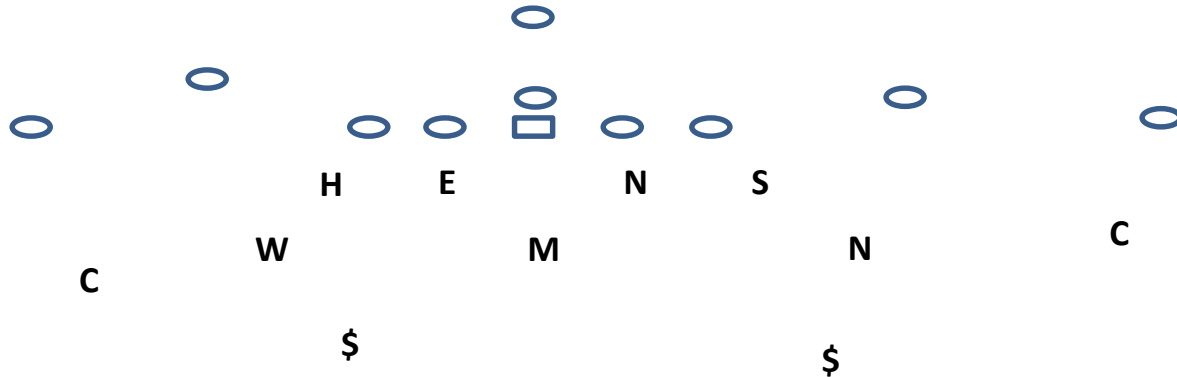
4 LB

5 DB

Odd look



Even look



Defensive Personnel Packages

Dime

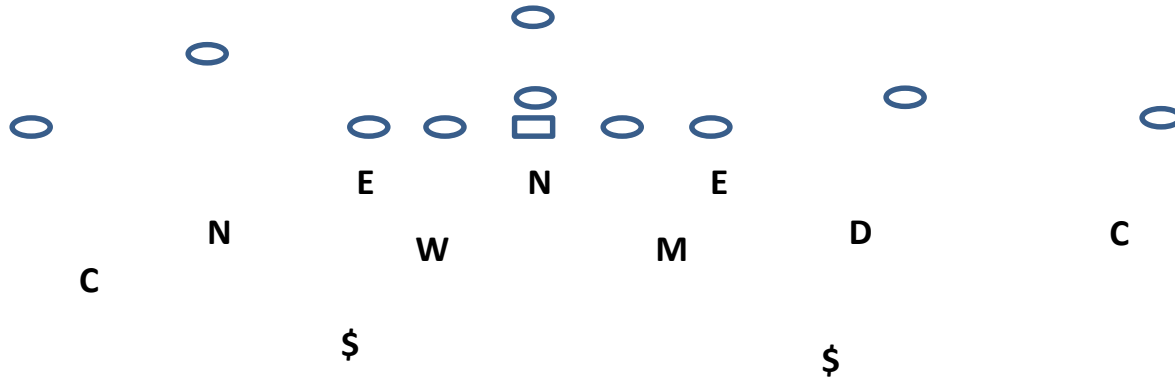
Fronts: Field fronts mostly 30 fronts and with inside blitzes
 We can run anything out of our Dime package

Note: We won't run heavy fronts with Dime personnel

5th and 6th DB's will replace LB's

3 DL
 2 LB
 6 DB

Odd look



Defensive Personnel Packages

Psycho

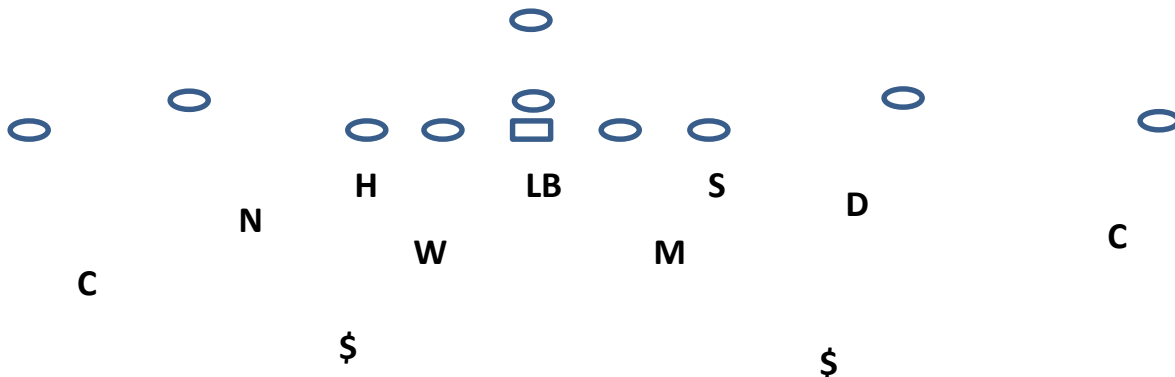
Fronts: We can run all field fronts and coverage out of psycho personnel

Note: We won't run heavy fronts with Psycho personnel

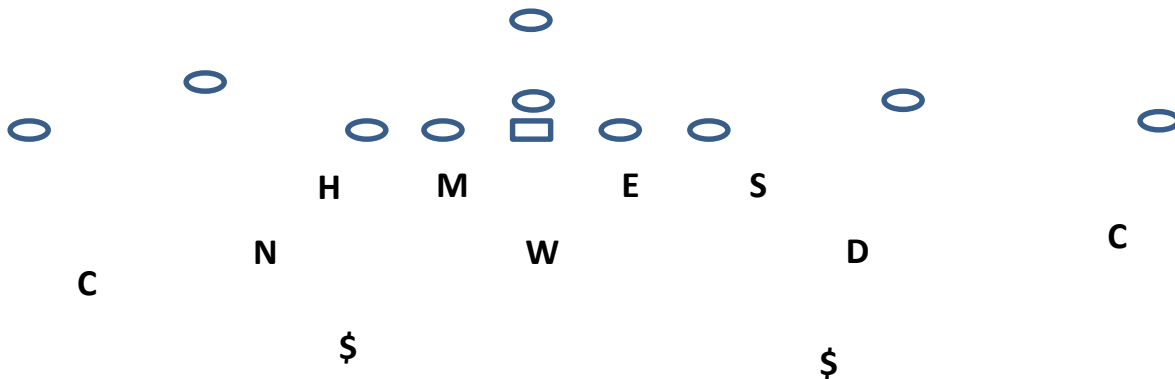
5th and 6th DB will replace DL's

1 DL or 0 DL
4 LB
6 DB

Odd look



Even look



Defensive Personnel Packages

Psycho

Fronts: We can field fronts out of psycho personnel

Note: We would run the Radar look in 3rd long situations

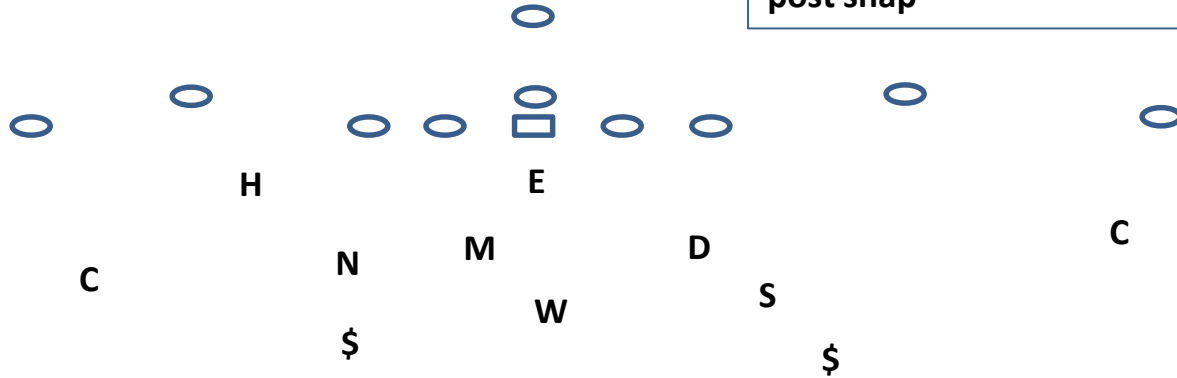
Every player will get to their gap responsibility post snap

1 DL

4 LB

6 DB

radar look



Defensive Personnel Packages

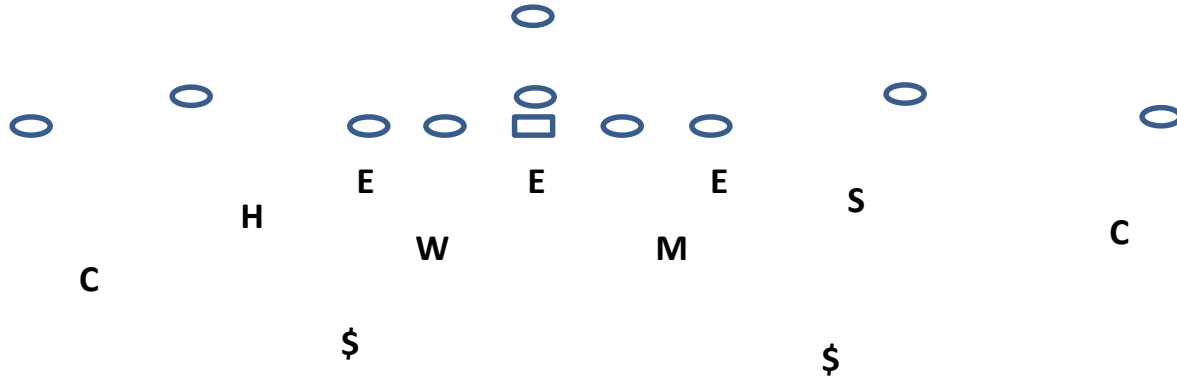
Fronts: We can field fronts out of Speed personnel

Note: All DL are replaced with best PR DE's or LB's

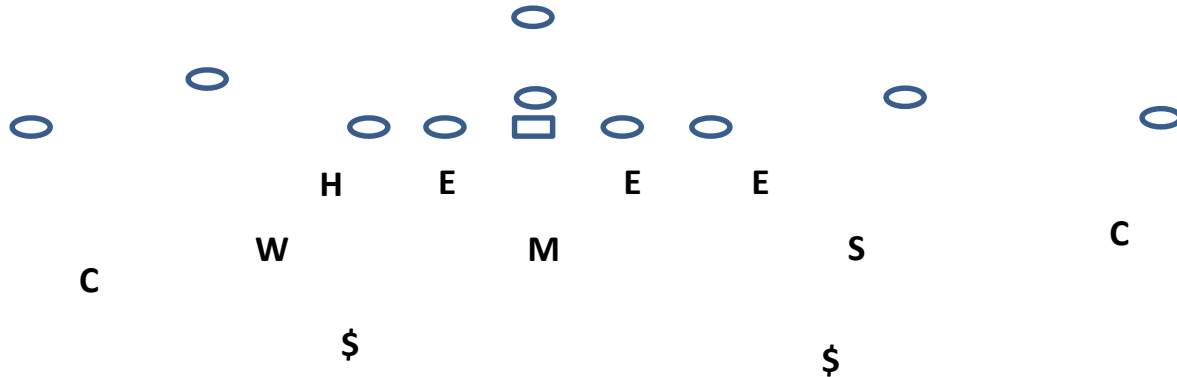
Speed

3 DL
4 LB
4 DB

Odd look



Even look



Defensive Personnel Packages

Note: LB (B) in for DB

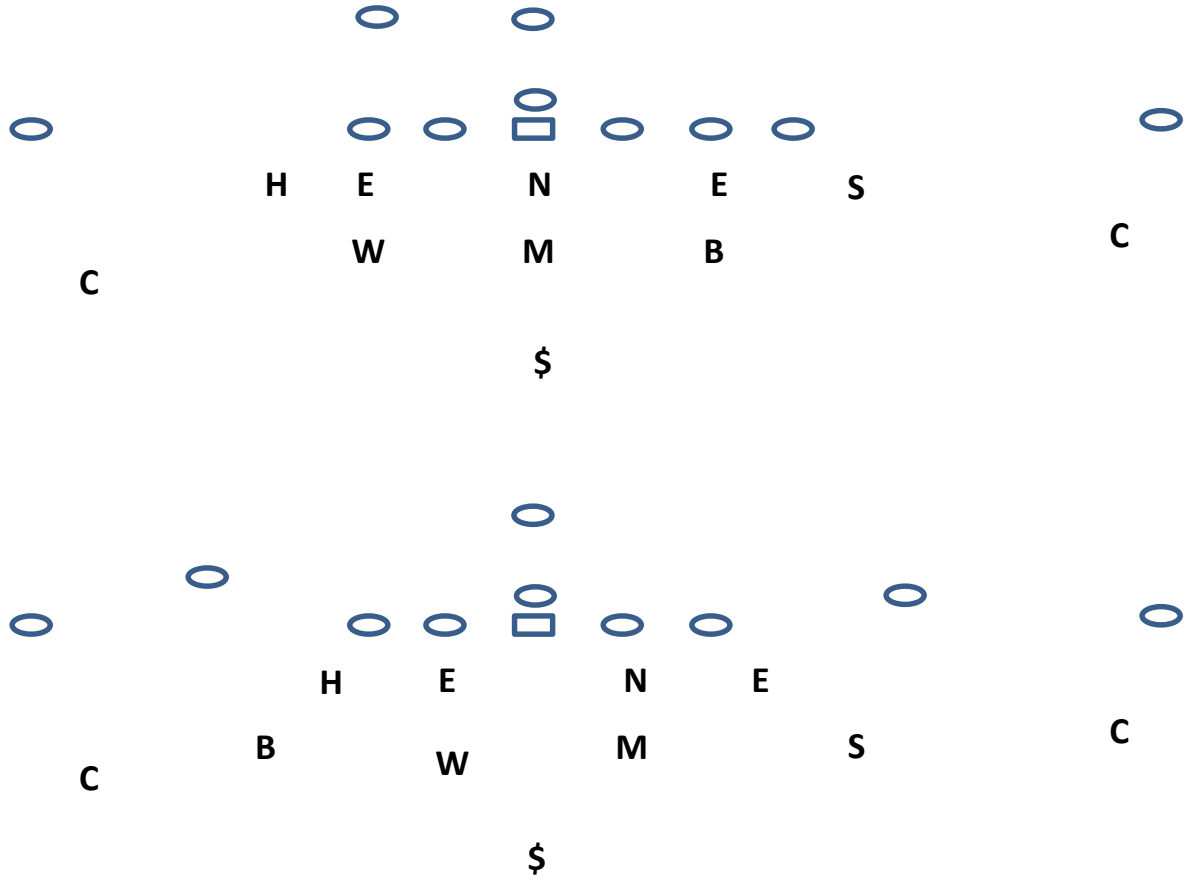
Fronts: We can run field fronts out of backer personnel- mostly cover 3
Backer front and stack fronts

Backer

3 DL
5 LB
3 DB

Odd look

Even look



Previous

Next

Defensive Personnel Packages

TC

Fronts: Short yardage, Tuff, backer,

We won't run even fronts

Note: DT in For S/H- this is if we don't have a S/H that can play the DE position

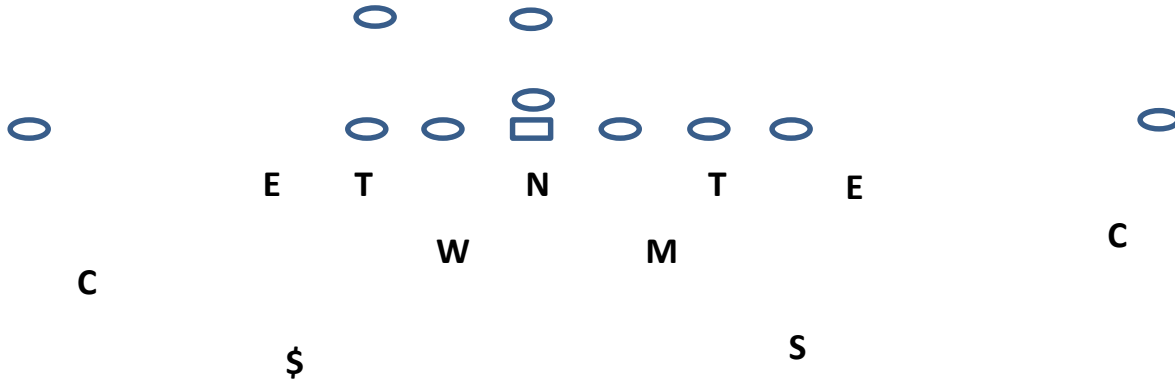
Heavy

5 DL

2 LB

4 DB

Odd look



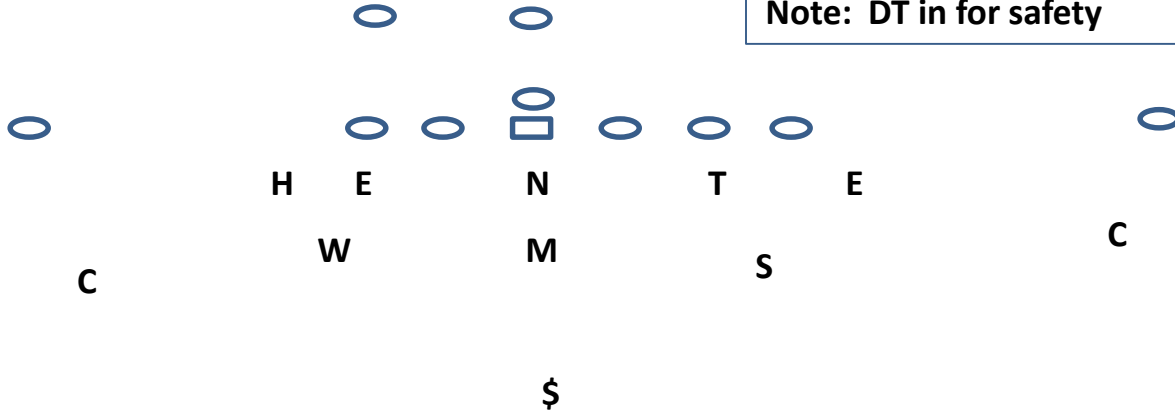
Guts

5 DL

3 LB

3 DB

Note: DT in for safety



Previous

Next

Defensive Personnel Packages

TC

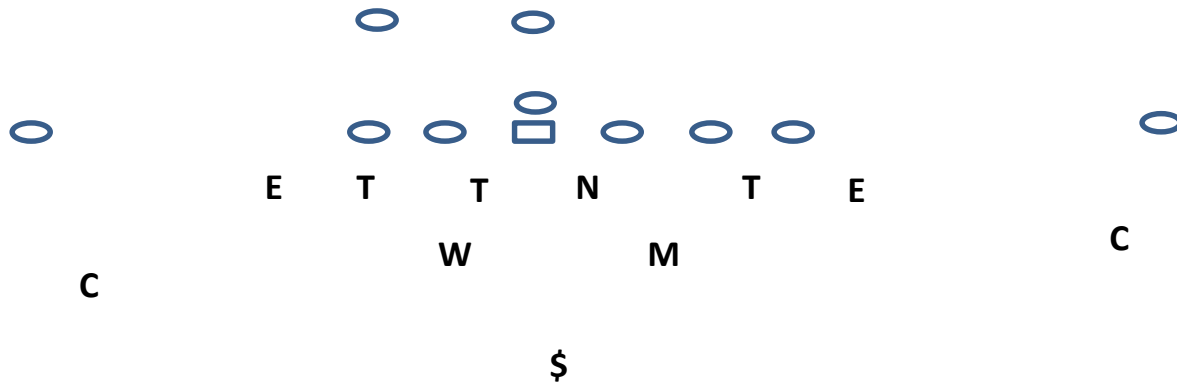
Fronts: Goaline, Guts, 7 diamond

Note: We will run this on the 1 inch line

Goal line

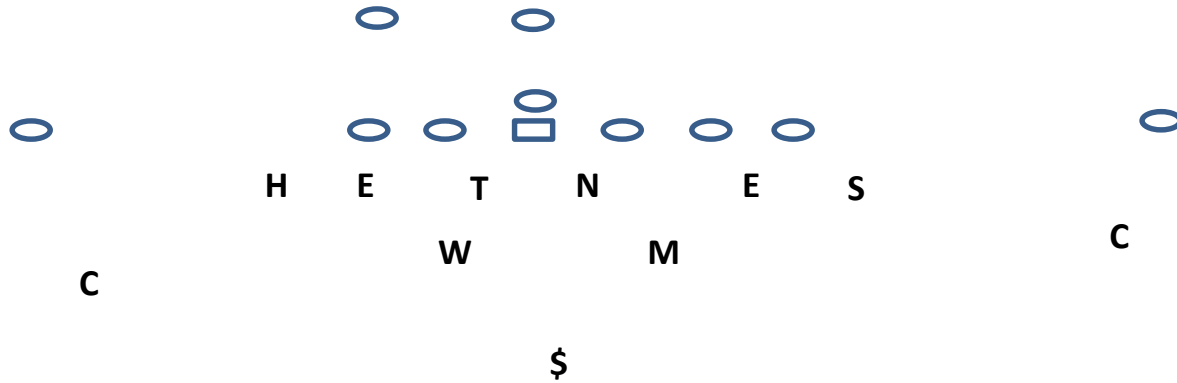
6 DL
2 LB
3 DB

Goaline look



Short yardage

Goaline look w/ short yardage PP



Appendix

It is a 34 front that is stacked on the boundary side – the coverage may or may not support (load) the field side.

Origin of name

Boundary Stack

Boost used for support- We will support the field side with an extra linebacker and at times an extra coverage.

Vs a second receiver to boundary tight or removed it reverts back to a normal 34 alignment.

We can designate a Booster and Field side

Or it can be based on formation

Base stunts and coverages

33 Fire zone

Shell

Load Coverage also applies

Field Tug

Field Tug Fire

Field Buck

Field Buck Fire

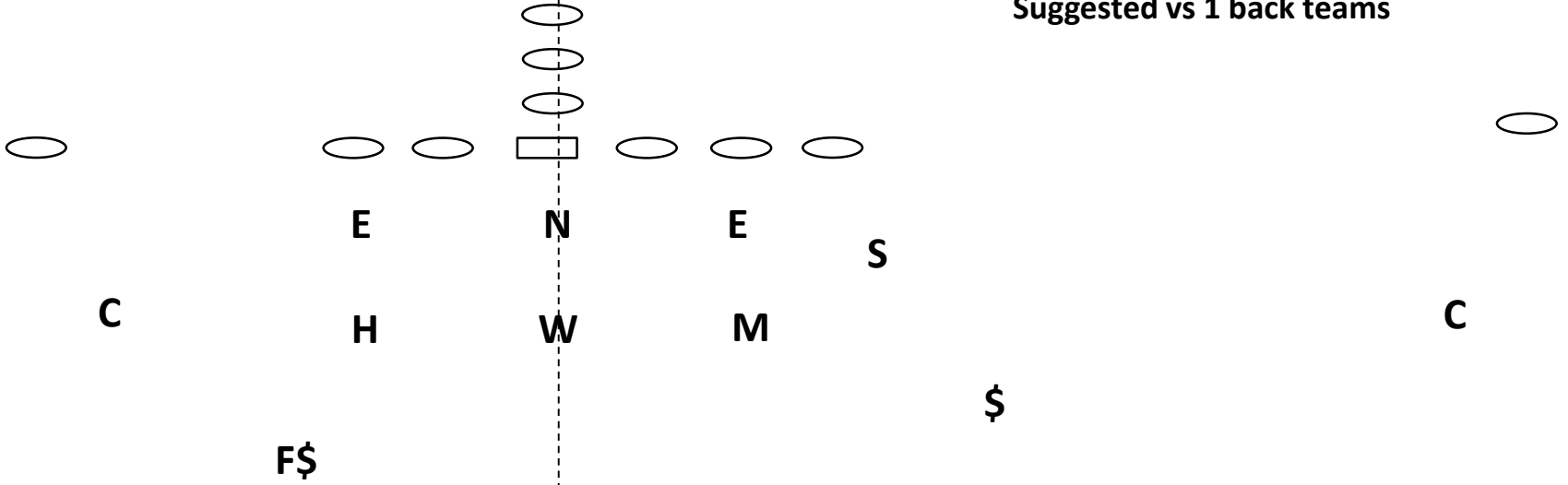
Field Angle

Filed Angle Fire

Mike and Will can exchange roles vs sets such as 3 x 1 or it can be tagged “mike”

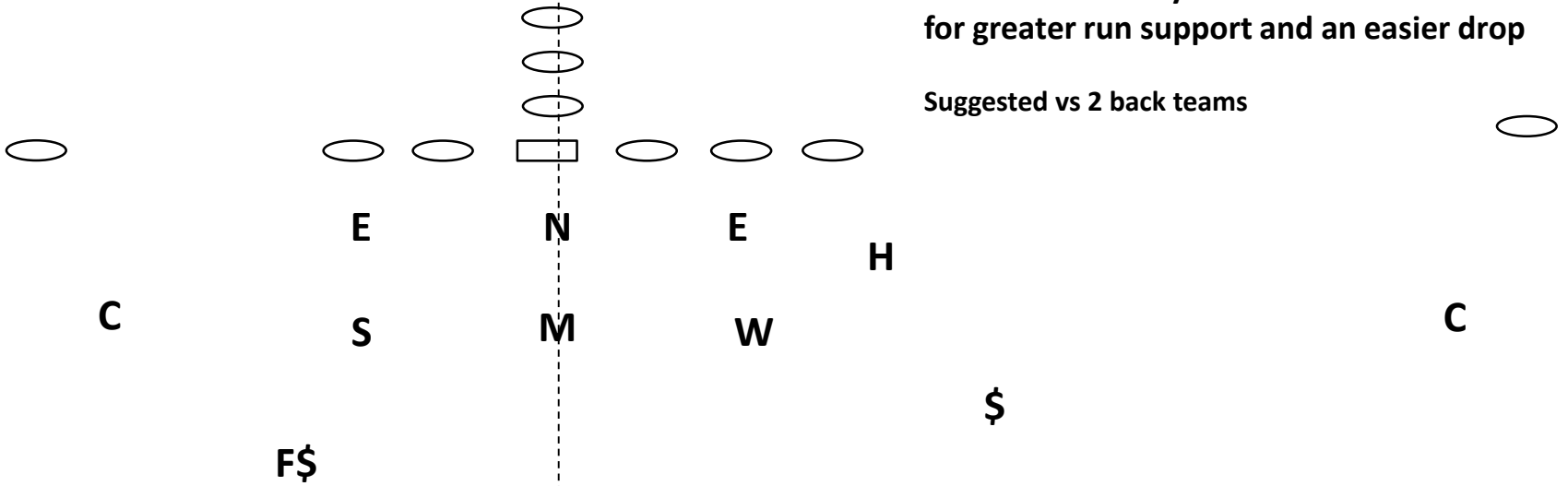
Ideally 3-3 zone or black

Normal positioning of LB's applies.
Suggested vs 1 back teams

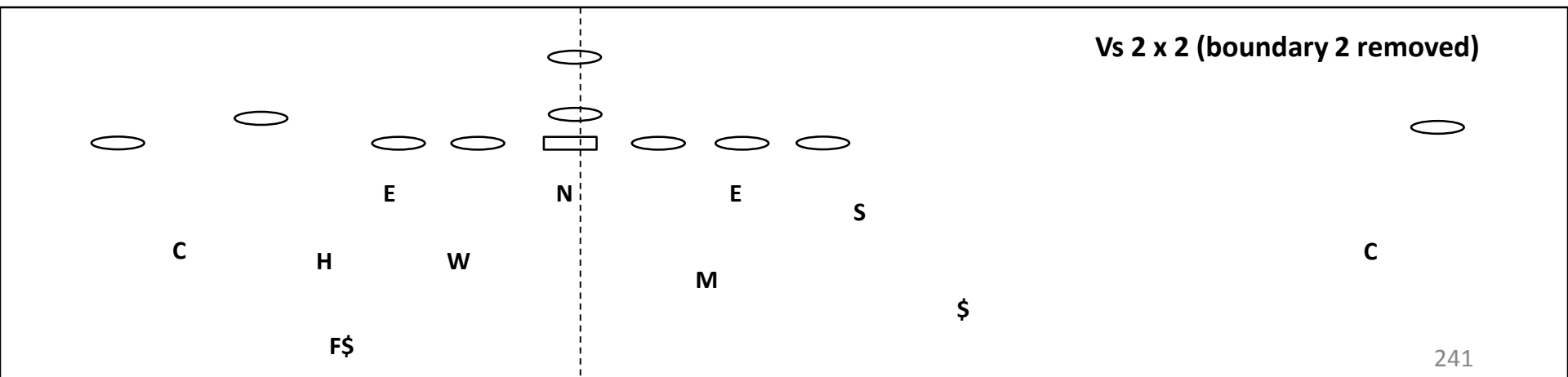
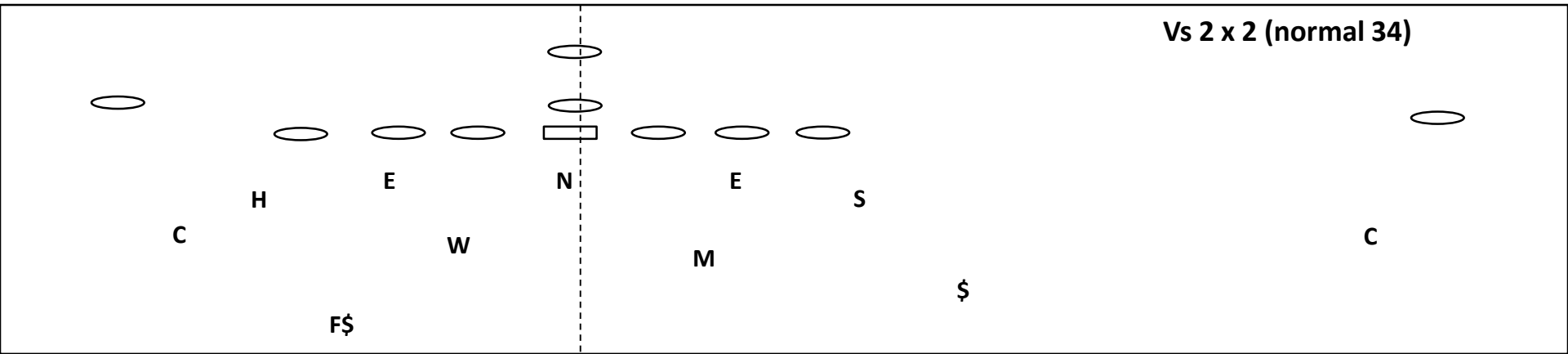
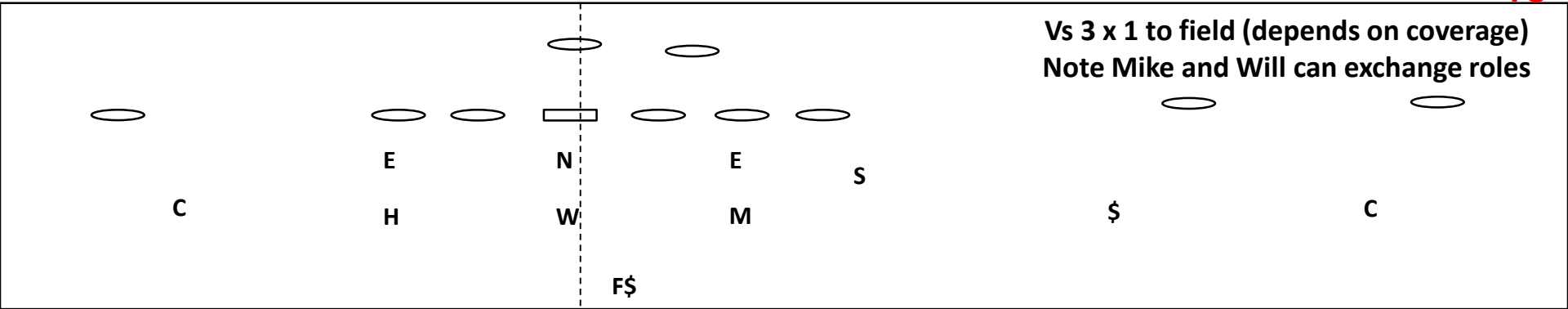


We can also always stack the Sam to the boundary
for greater run support and an easier drop

Suggested vs 2 back teams



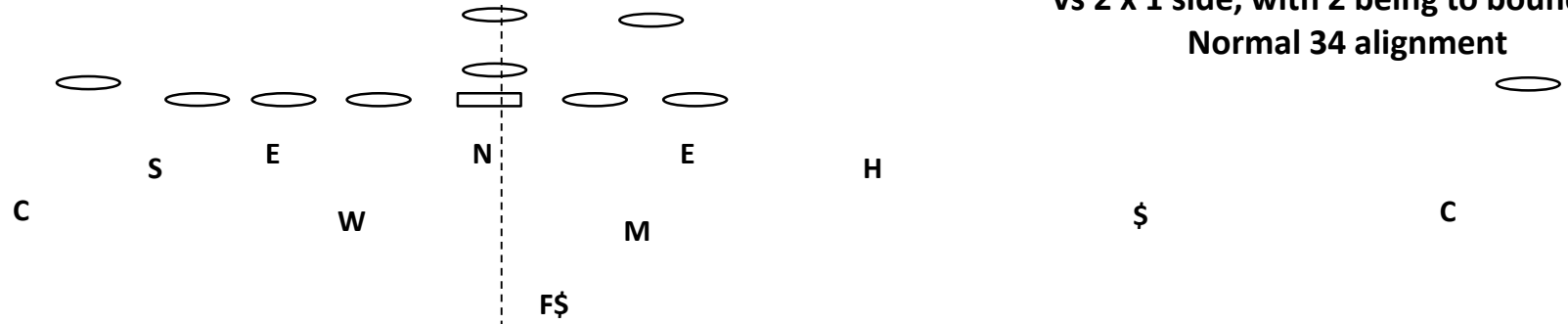
Boost Front



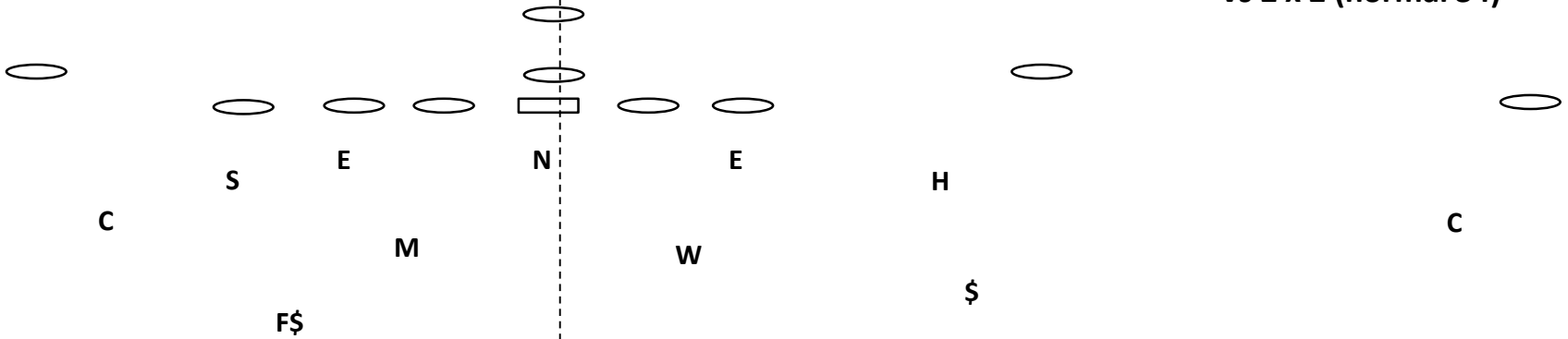
Boost Front

TC

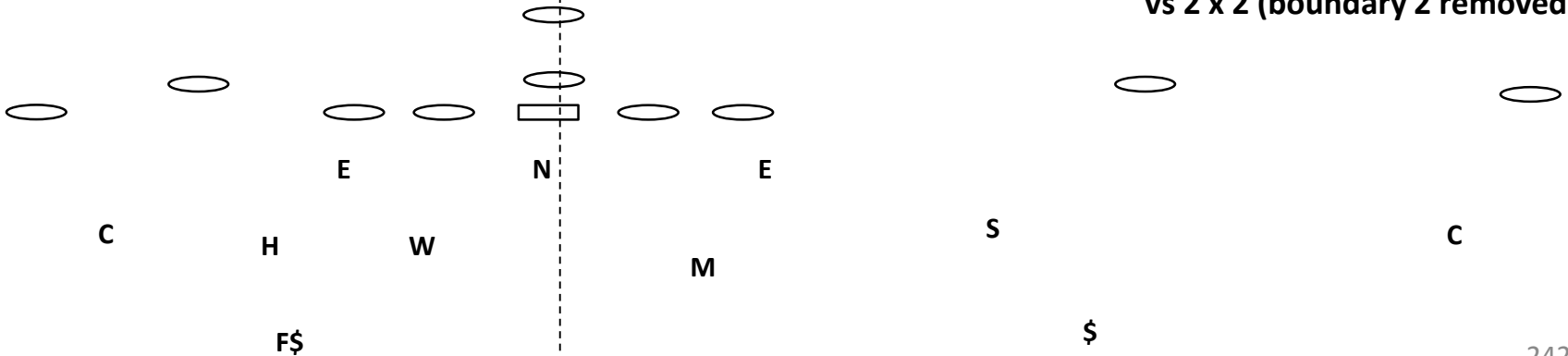
Vs 2 x 1 side, with 2 being to boundary-
Normal 34 alignment



Vs 2 x 2 (normal 34)

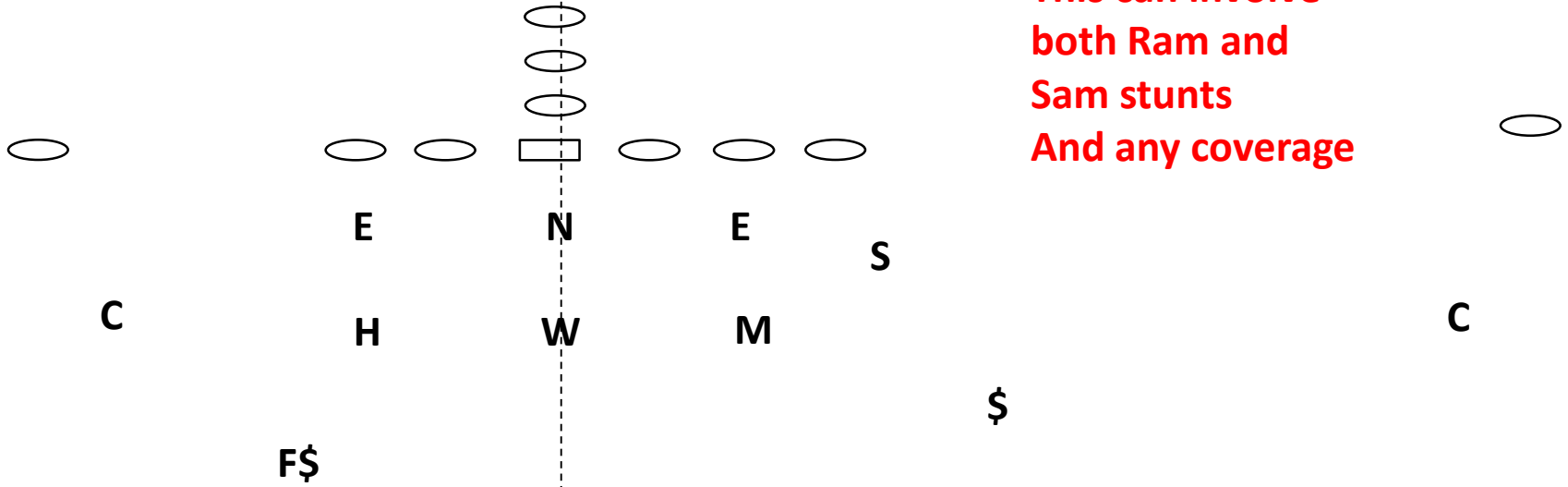


Vs 2 x 2 (boundary 2 removed)

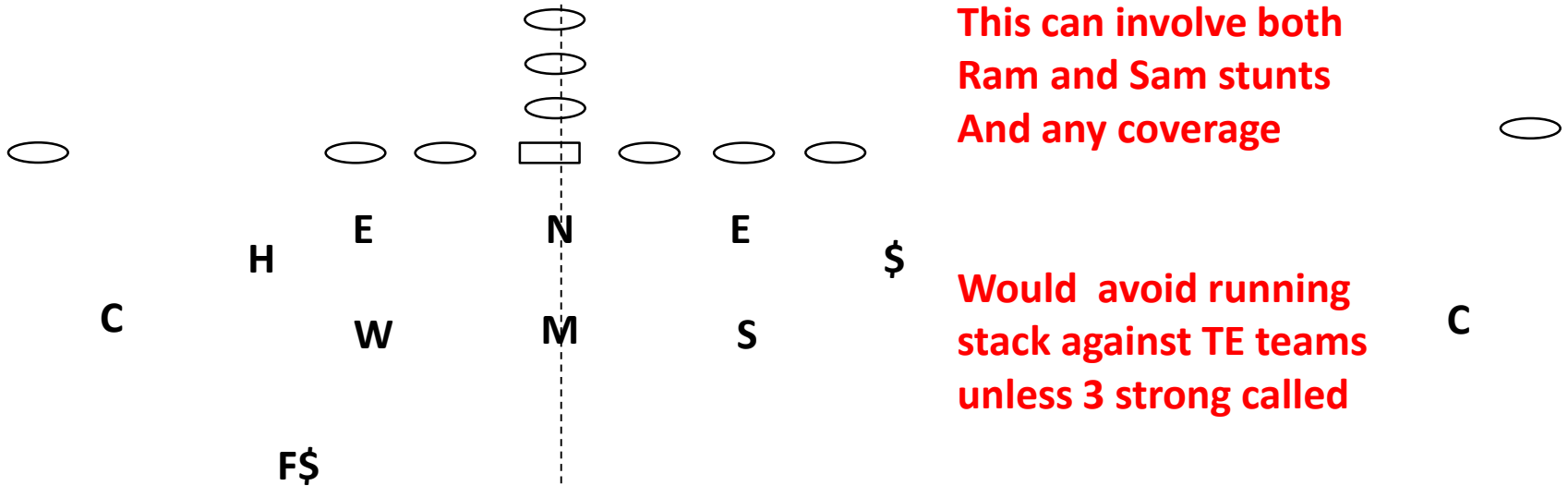


Hack Front (stacking backers including hawk)

TC



Stack Front (stacking backers including Sam)

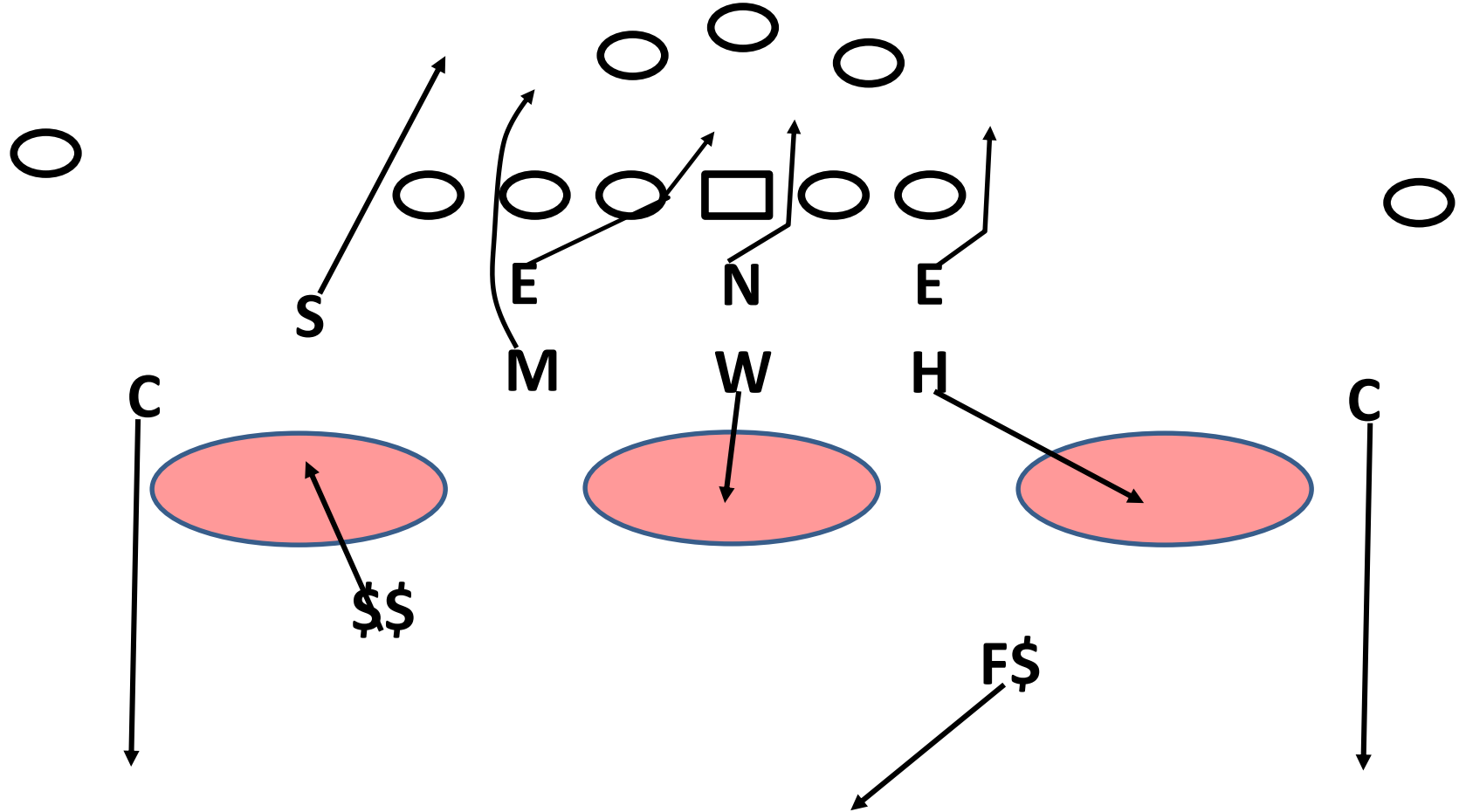


Boost Tug rock

Vs removed #2 weak- Hawk will walk- string M and W- slam tug

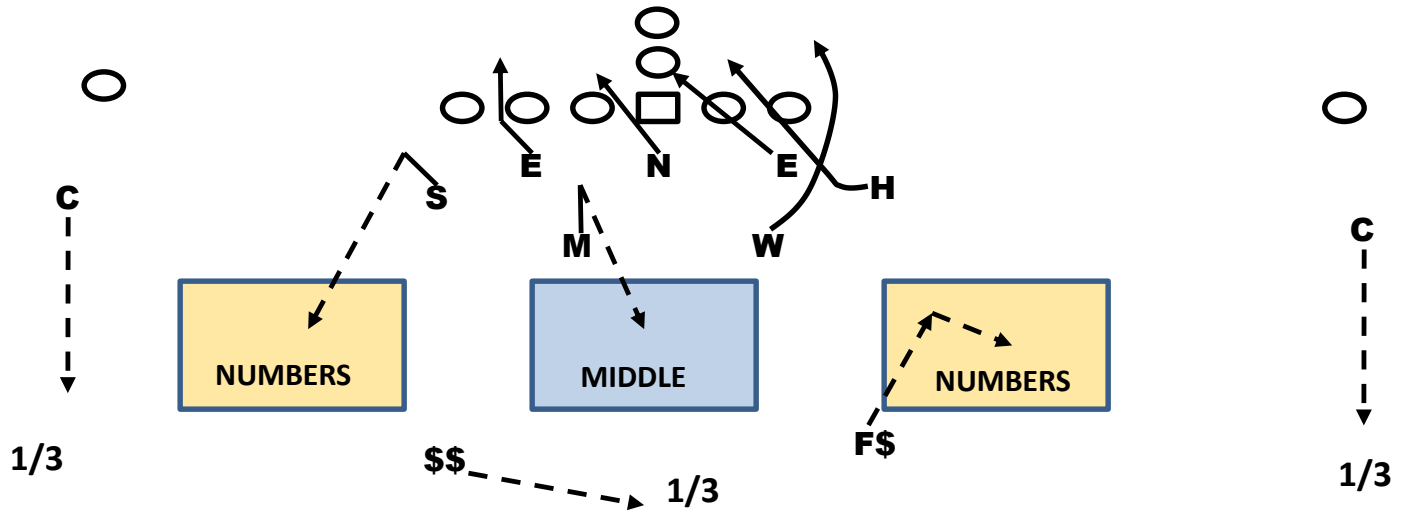
Tag with a "crazy" call gives RE a 2 way go- Nose shade 1 weak

Seattle strong stack- green- Same but the Will blitz b or off the edge the RE takes the opposite gap

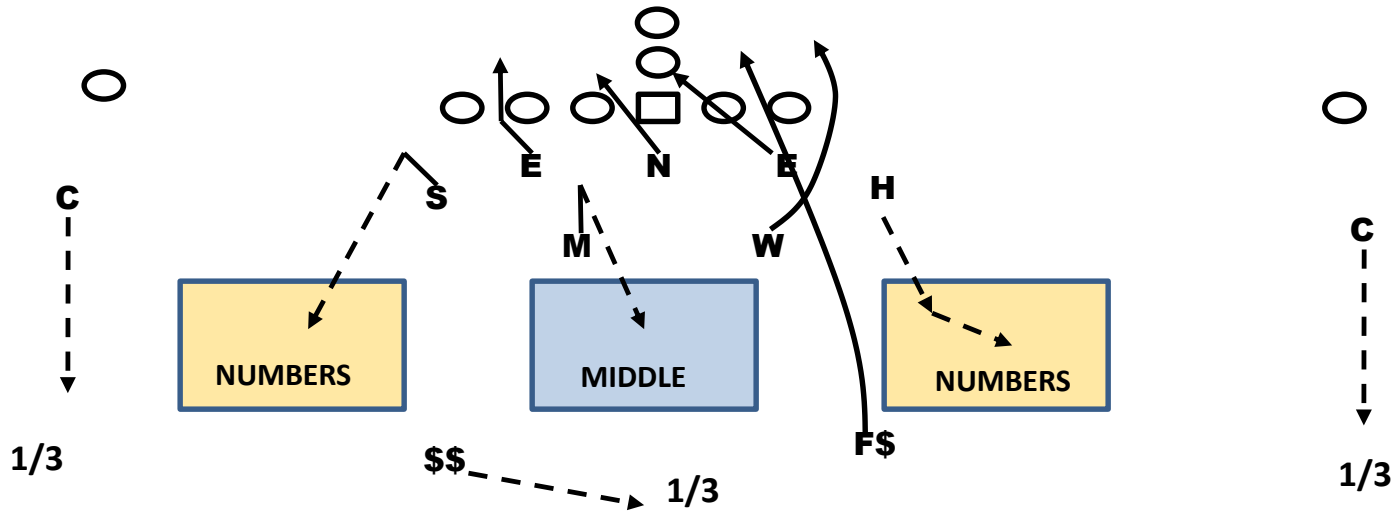


Note: bring this blitz only from field
Field stack-

Ram TUX fire - cover Rock



POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	FOOT	D STRG	NUMBERS PLAYER	Play RUN 1 ST FIND #2
S End	4 TECH	C STRG	CONTAIN	ANCHOR & CONTAIN
Mike	30 TECH	B STRG	MIDDLE PLAYER	Play RUN 1 ST FIND #3
Nose	0 TECH	A STRG	PR no hands on	Angle
Will	Stack End	C to D WK	Contain Blitz	BLITZ to contain (1 st)
W End	4 TECH	A TO B WK	PR no hands on	READ TECH.
Hawk	GHOST	B TO C WK	Pass rusher	BLITZ off of DE (2 nd)
SC	SHELL	Late run support	OUTSIDE 3RD	IDENTIFY THREATS
\$ \$	SHELL	Late run support	MIDDLE 3RD	HOT ON #2- BAIL TO 1/3
WC	SHELL	Late run support	OUTSIDE 3RD	IDENTIFY THREATS
F \$	SHELL	D WK	NUMBERS PLAYER	Play RUN 1 ST FIND #2



POS.	Alignment	Run Gap:	Pass	Plan of Action
Sam	FOOT	D STRG	NUMBERS PLAYER	Play RUN 1 ST FIND #2
S End	4 TECH	C STRG	CONTAIN	ANCHOR & CONTAIN
Mike	30 TECH	B STRG	MIDDLE PLAYER	Play RUN 1 ST FIND #3
Nose	0 TECH	A STRG	PR no hands on	Angle
Will	Stack End	C to D WK	Contain blitz	BLITZ to contain (1 st)
W End	4 TECH	A TO B WK	PR no hands on	READ TECH.
Hawk	GHOST	D wk	Numbers player	Play run 1 st find #2
SC	SHELL	Late run support	OUTSIDE 3RD	IDENTIFY THREATS
\$\$	SHELL	Late run support	MIDDLE 3RD	HOT ON #2- BAIL TO 1/3
WC	SHELL	Late run support	OUTSIDE 3RD	IDENTIFY THREATS
F\$	SHELL	B to C gap weak	Pass rusher	Blitz off DE- B to C gap

Instead of developing an entire new defense to meet the trend of the 4-2-5

We will simply be employing nickel personal

We will replace the Sam with a DB safety type

On paper the "Strong Safety" will take the position of the Sam and we will use a Free safety and a weak safety

3-4

4-2

44

E N E					E N E H					E N E H					
	\$\$	M	W	H		\$\$	M	W			\$\$	M	W	W\$	
C		F\$		W\$	C	C		F\$		W\$	C	C		F\$	C