3-5-3 Defense

Coach
Jared
Carson

Position Names

- Ends
- Nose
- Lou
- Roy
- Mac
- Corners
- Free Safety
- Bandit
- Stinger

Defensive Fronts

- Gut
- Smoke
- Hurricane
- Gator
- Bulldawg

Gut

O O

O O

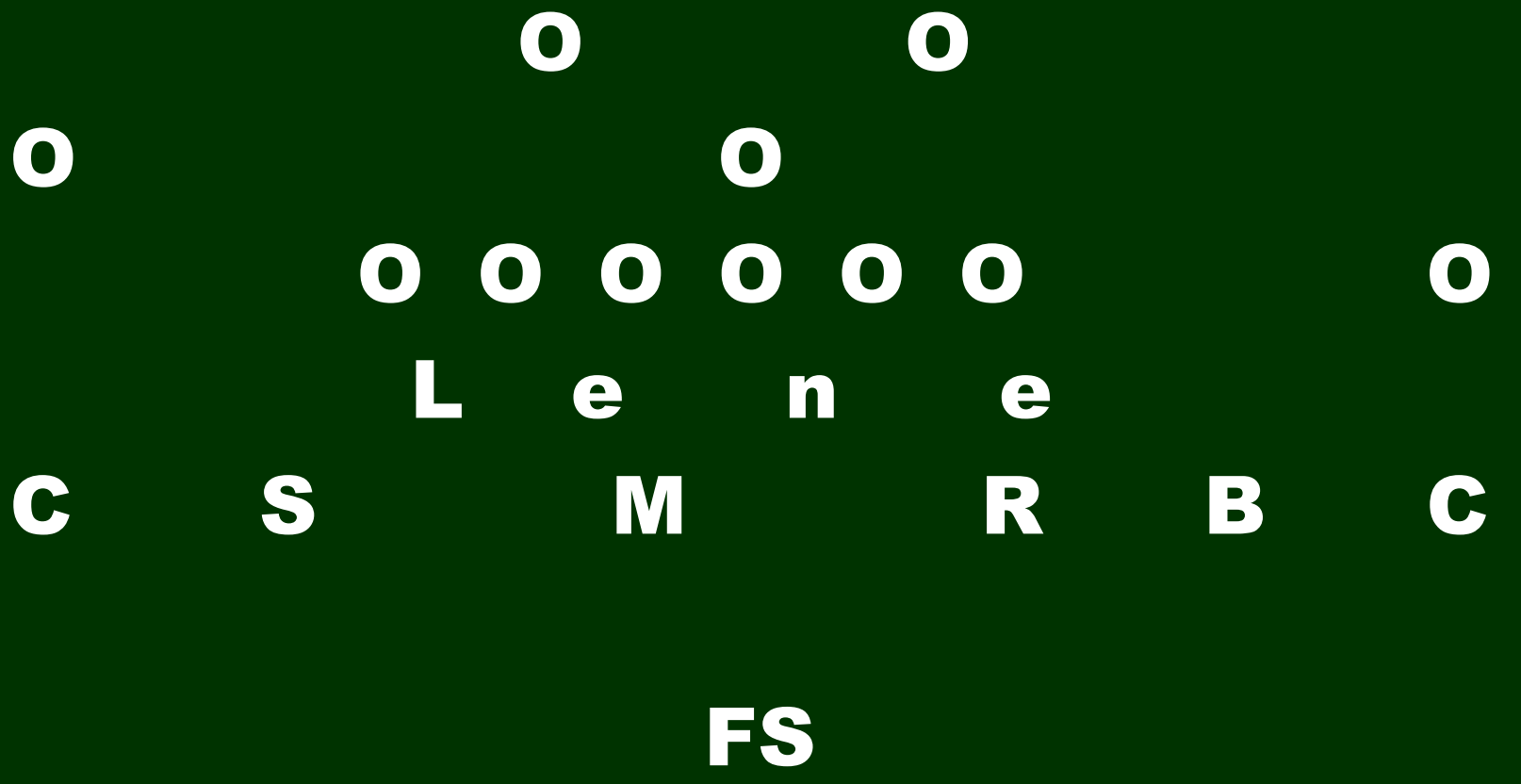
O O O O O O O

e n e

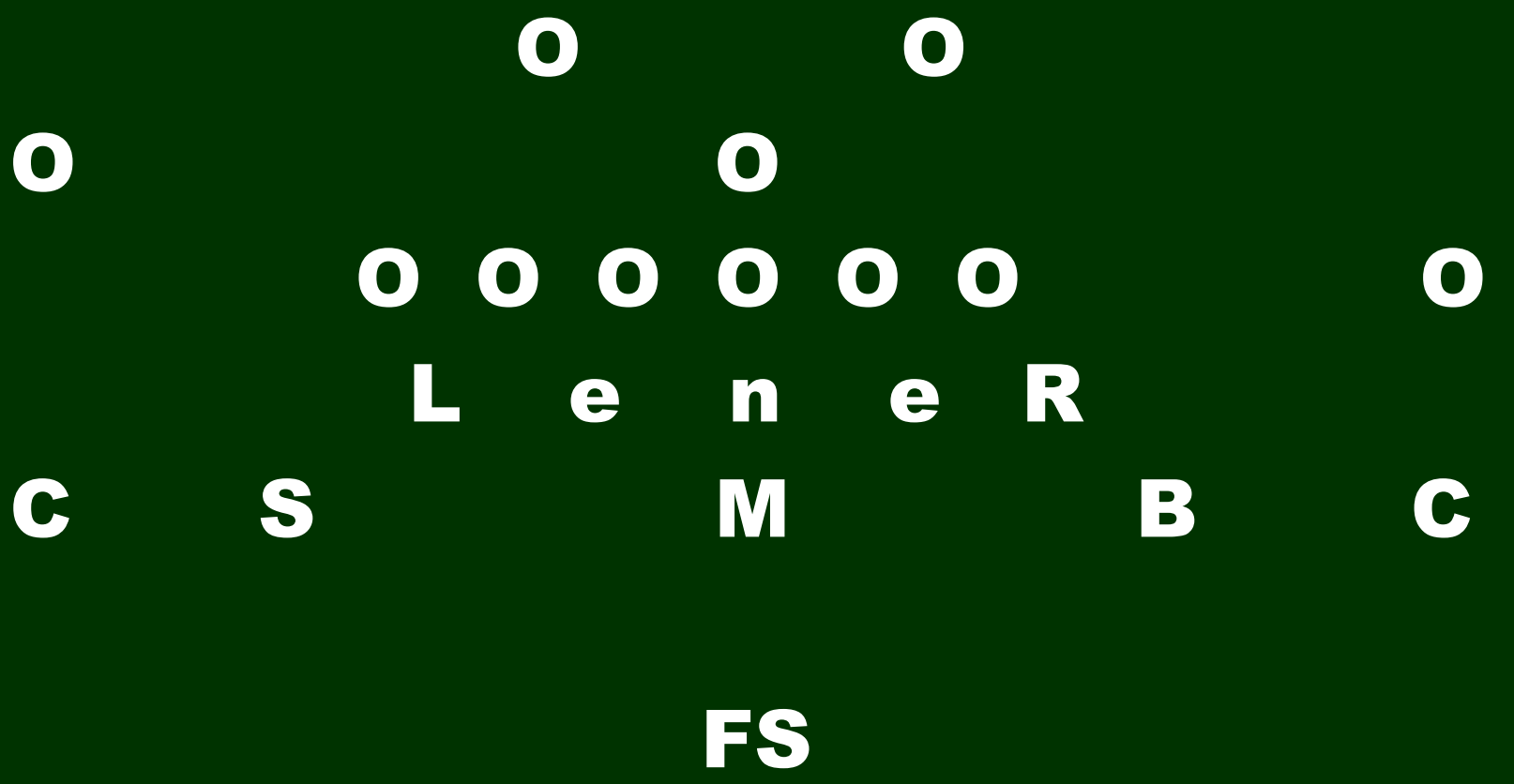
C S L M R B C

FS

Smoke



Hurricane



Gator

O O

O O

O O O O O O O

e n e R

C S L M B C

FS

Bulldawg

O O

O O

O O O O O O O

S L e n e R

C M B C

FS

Coverages

- Blue
- Green
- Red
- 3
- 1

Blue

Corners=#1 man

Safety=#2 strong side

Roy=#2

Mac and Lou= Banjo

Stinger and Bandit=Blitz D gap

Cover 3

Corners=outside 1/3

Safety=middle 1/3

Roy=Hook

Mac=Hook

Lou=Hook

Stinger=Curl to Flat

Bandit=Curl to Flat

Cover 1

Corners=#1 man

Safety=Free help 2 receiver side

Roy=Man #3/Banjo

Mac=Free/ Banjo

Lou=Man #3/Banjo

Stinger=Man #2

Bandit=Man #2

Red

Corners=#1 man

Safety=# 2 blitz side

Roy=Blitz C away #3

Mac=Free

Lou=Blitz C away #3

Stinger=Blitz D away #2

Bandit=Blitz D away #2

Green

Corners=#1 man

Safety=# 3

Roy=Blitz B

Mac=Blitz A

Lou=Blitz B

Stinger= #2

Bandit= #2

Line Calls

- Left
- Right
- Strong
- Weak
- Up
- Pinch

Blitzes

1 man

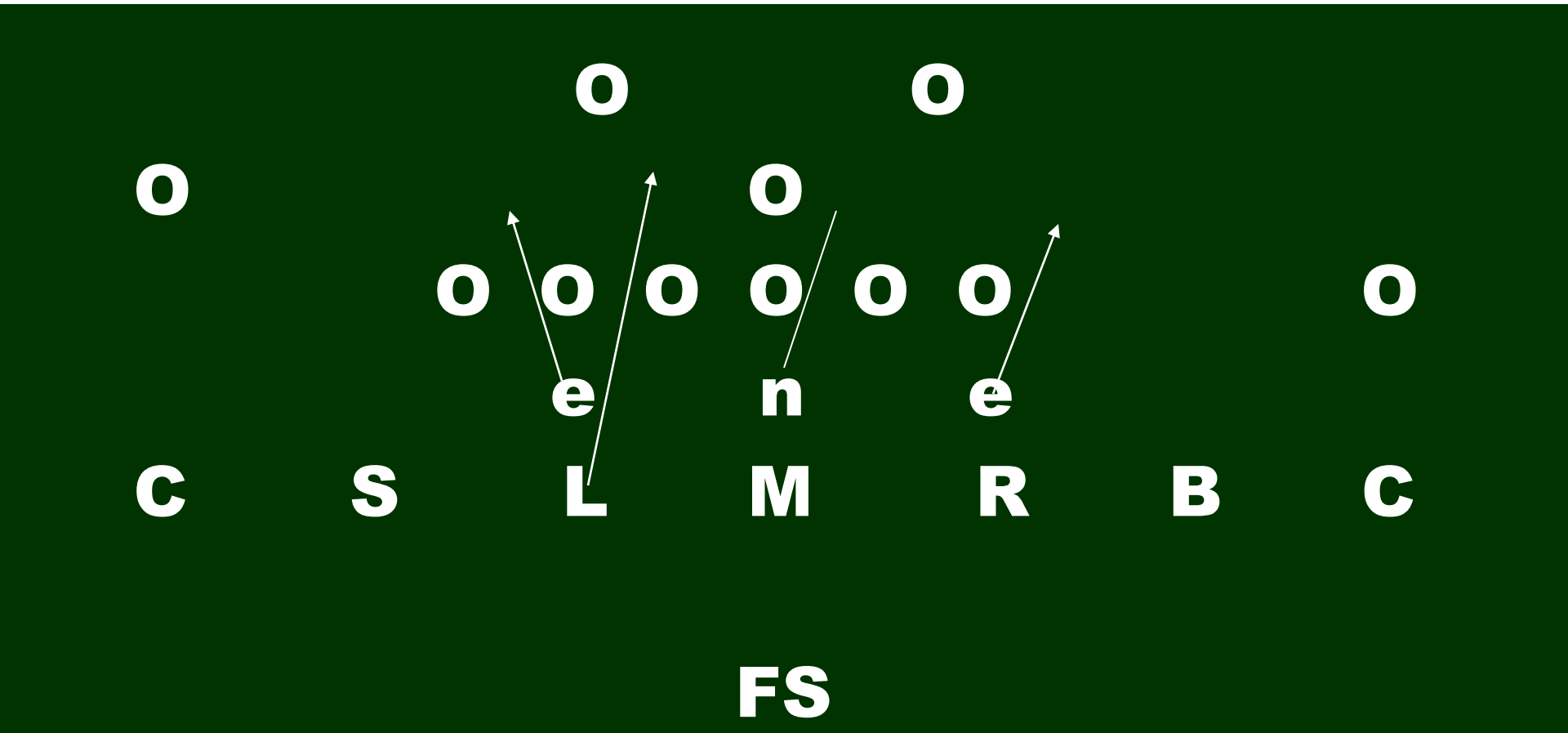
2 man

3 man

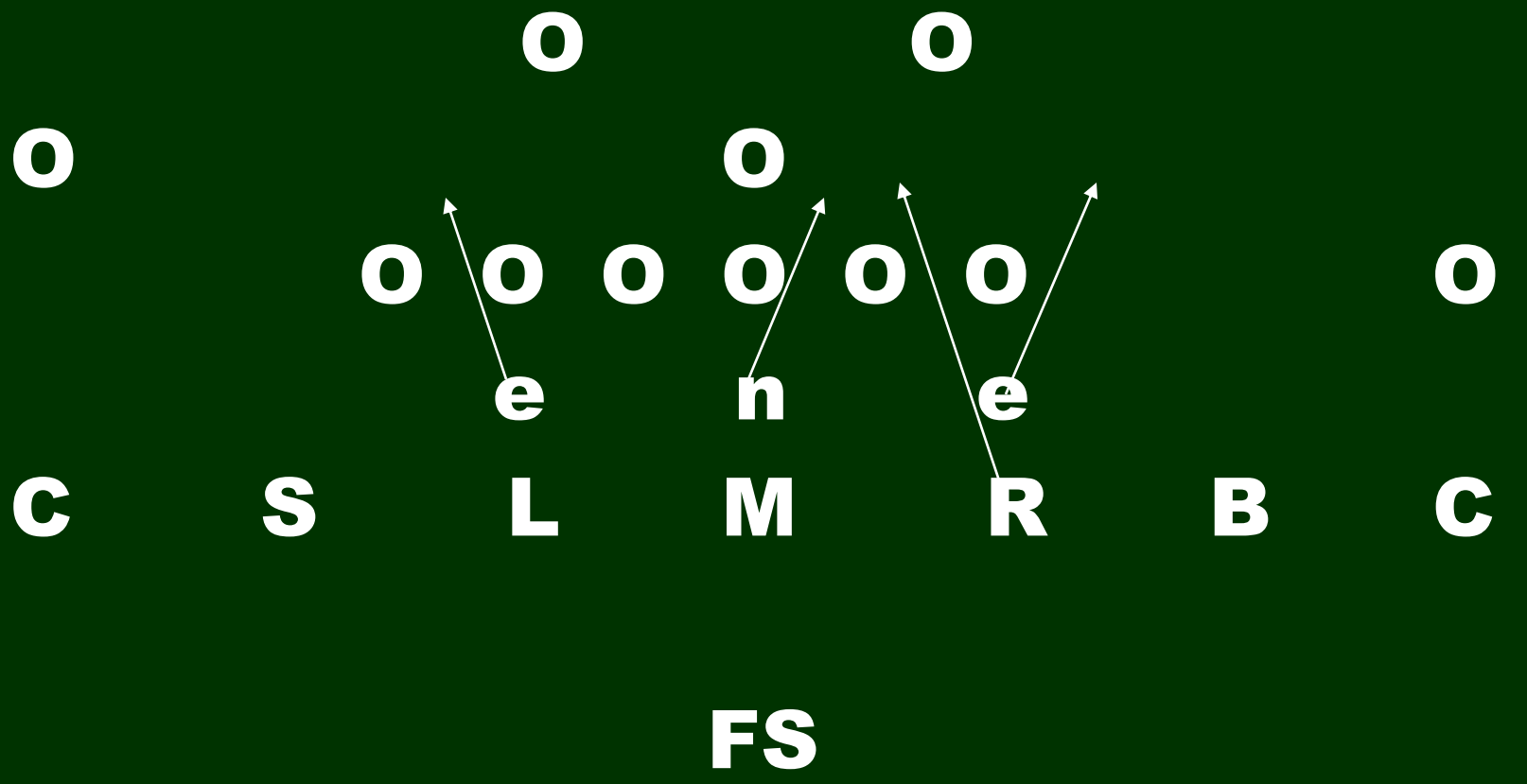
1 man

- Lou
- Roy
- Mac
- Bandit
- Stinger

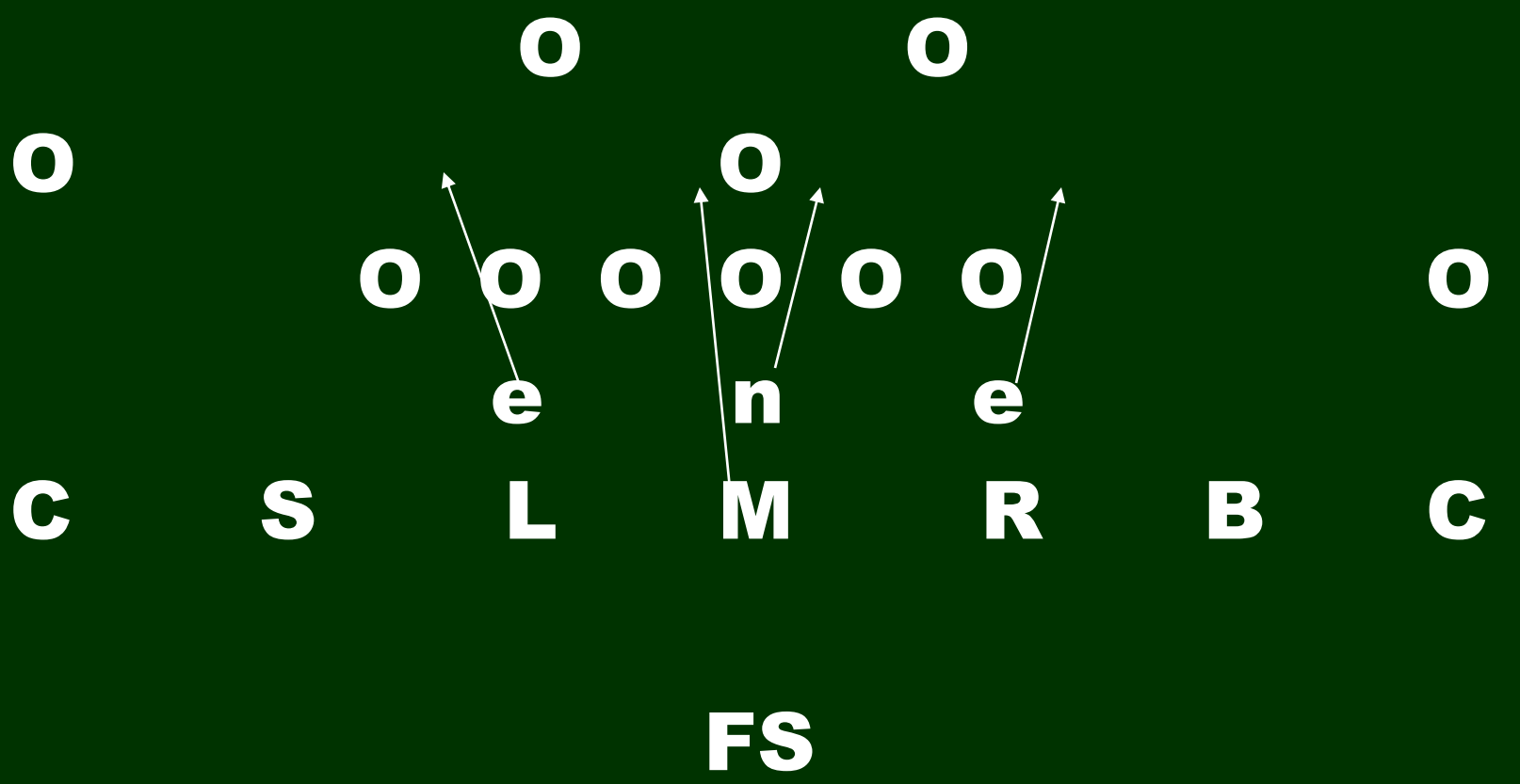
Lou



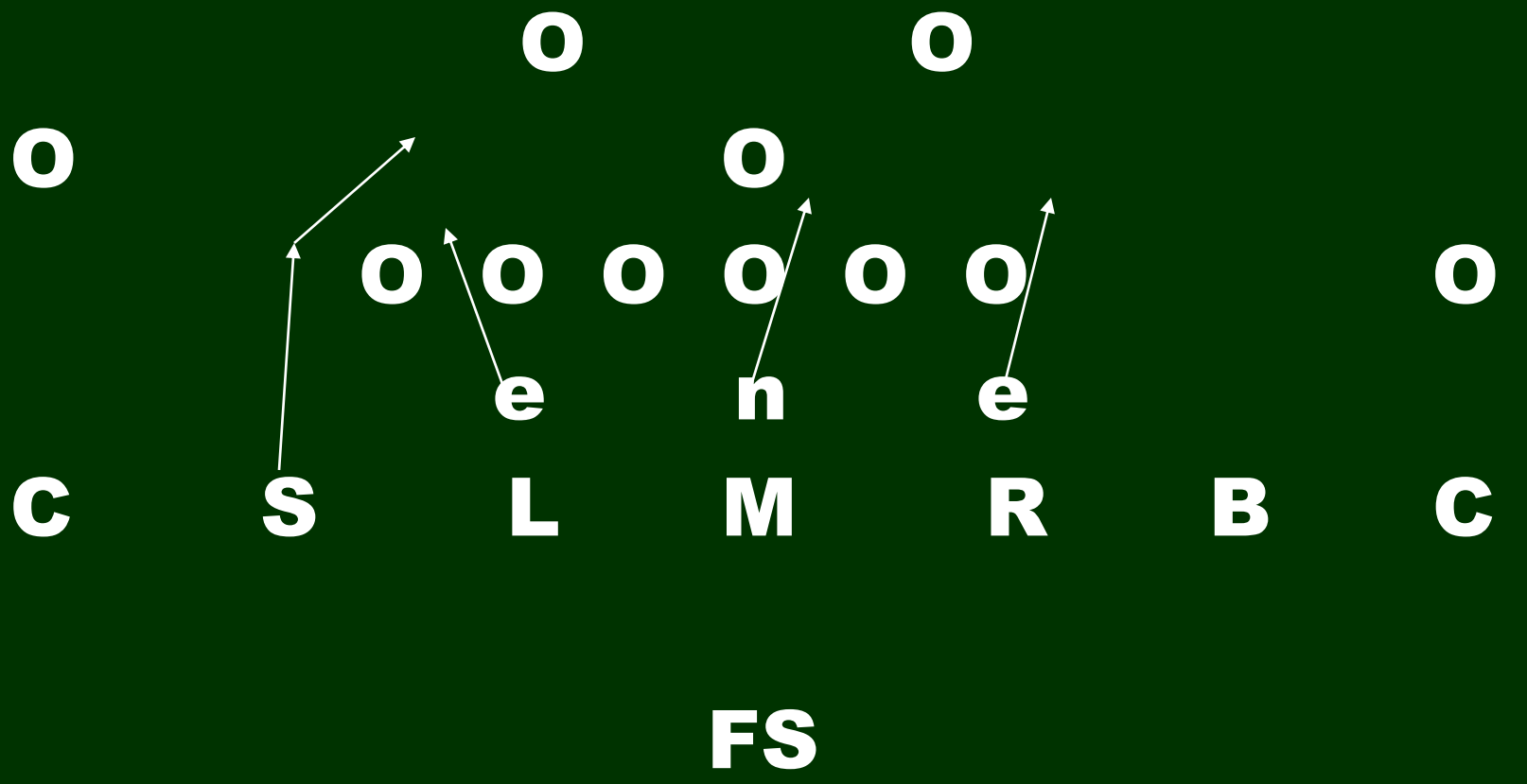
Roy



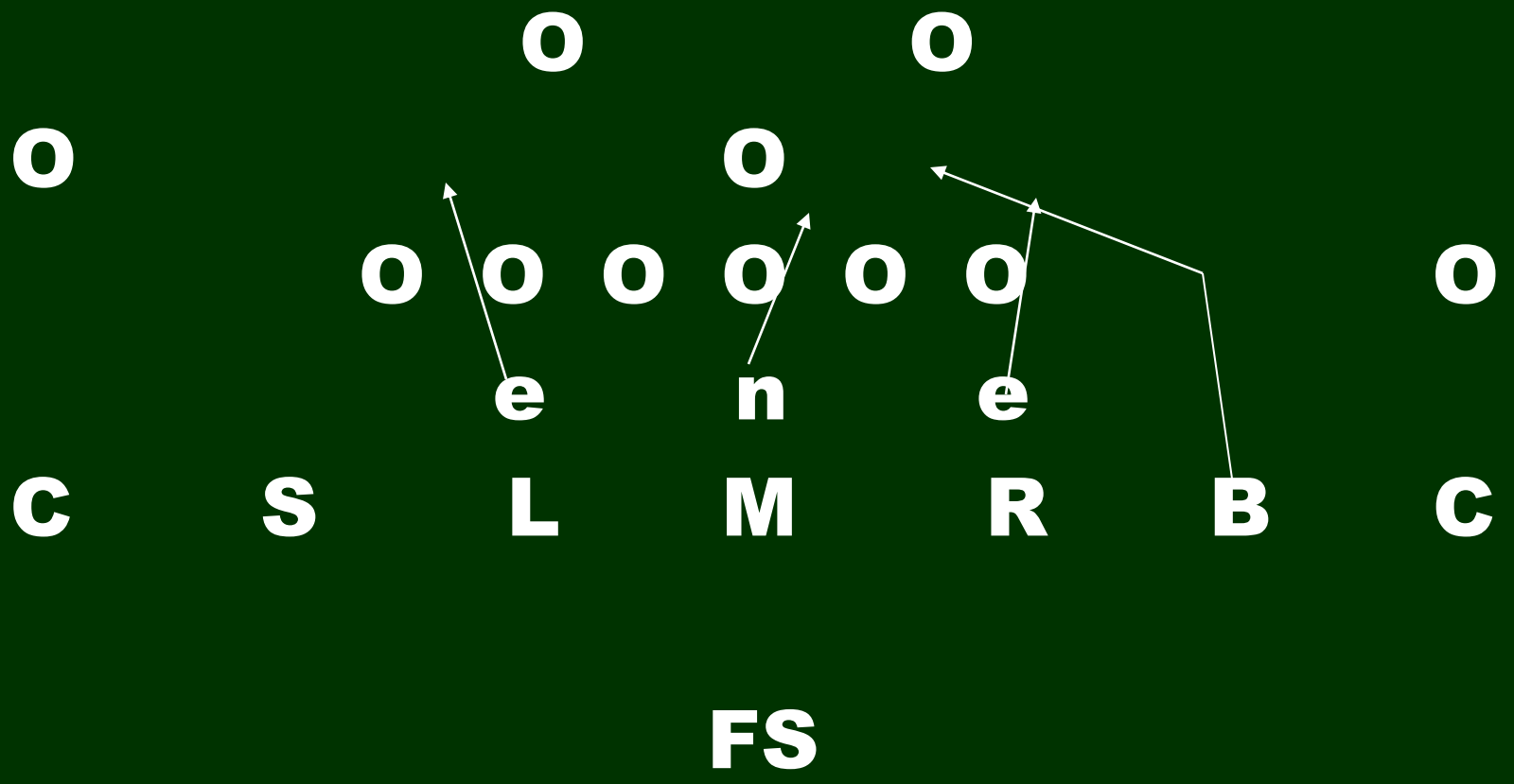
Mac



Stinger



Bandit



2 Men

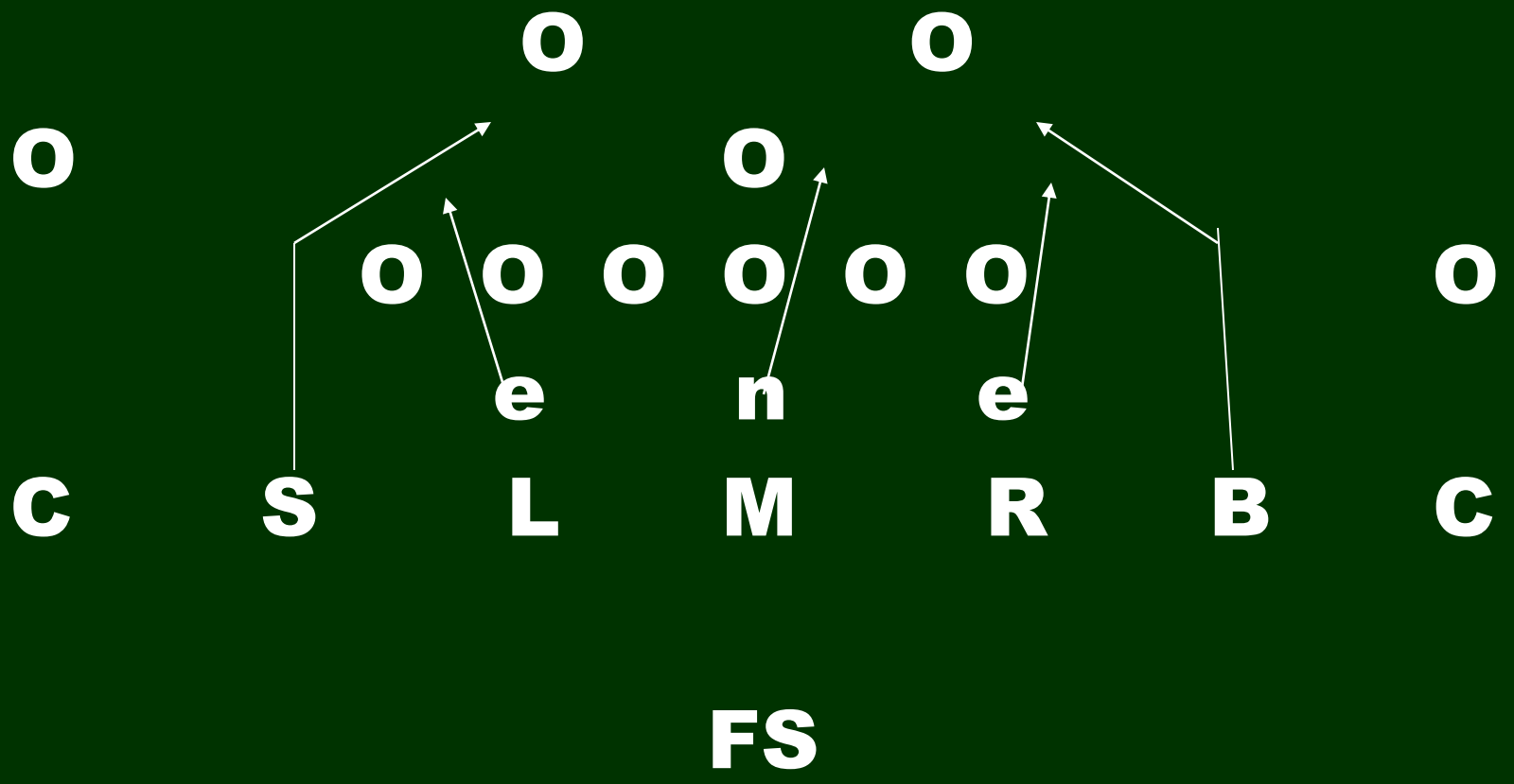
- Sub
- Sam
- Ram
- Rob
- Lob
- Slow
- Mob

Laser

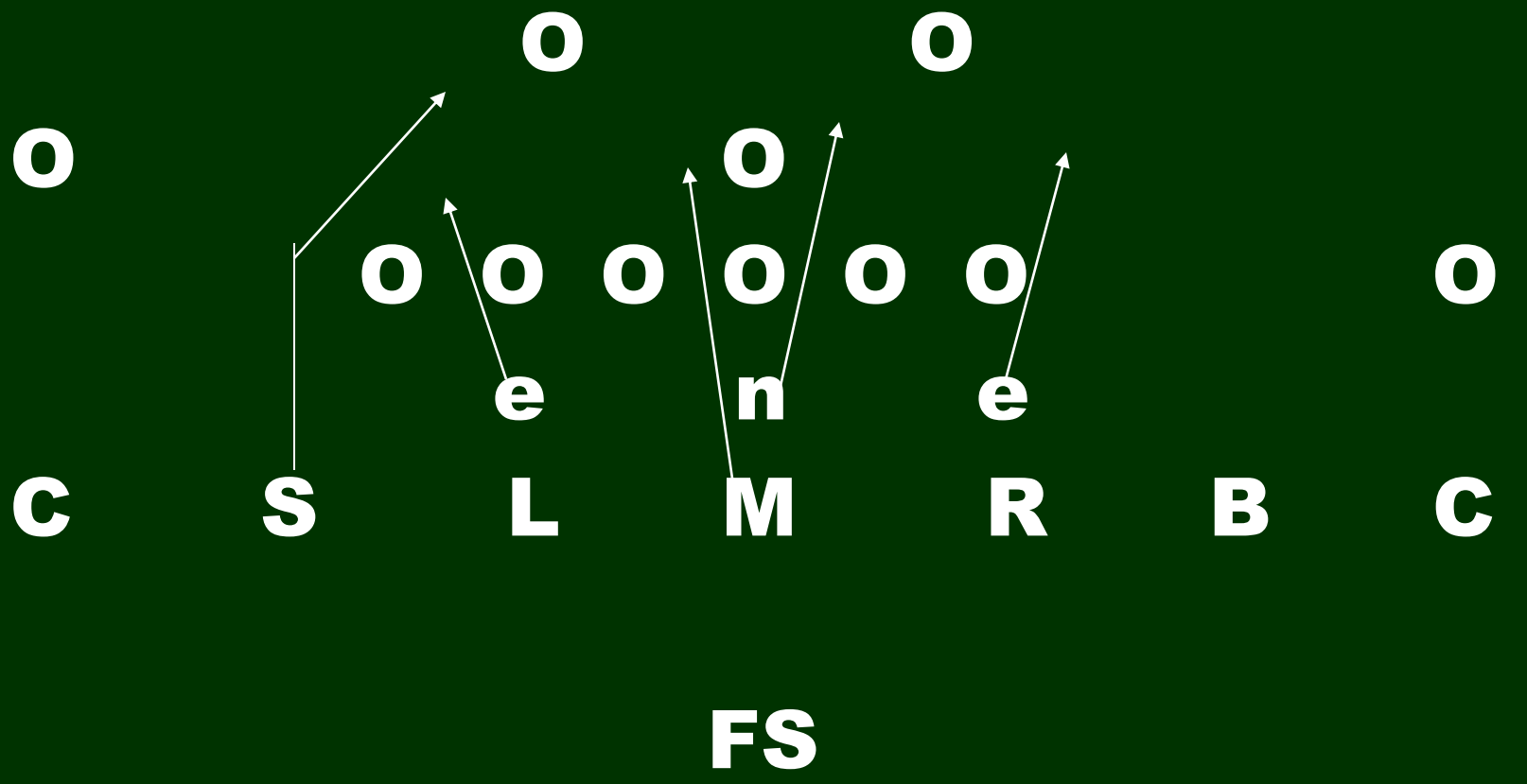
Mule

Rush

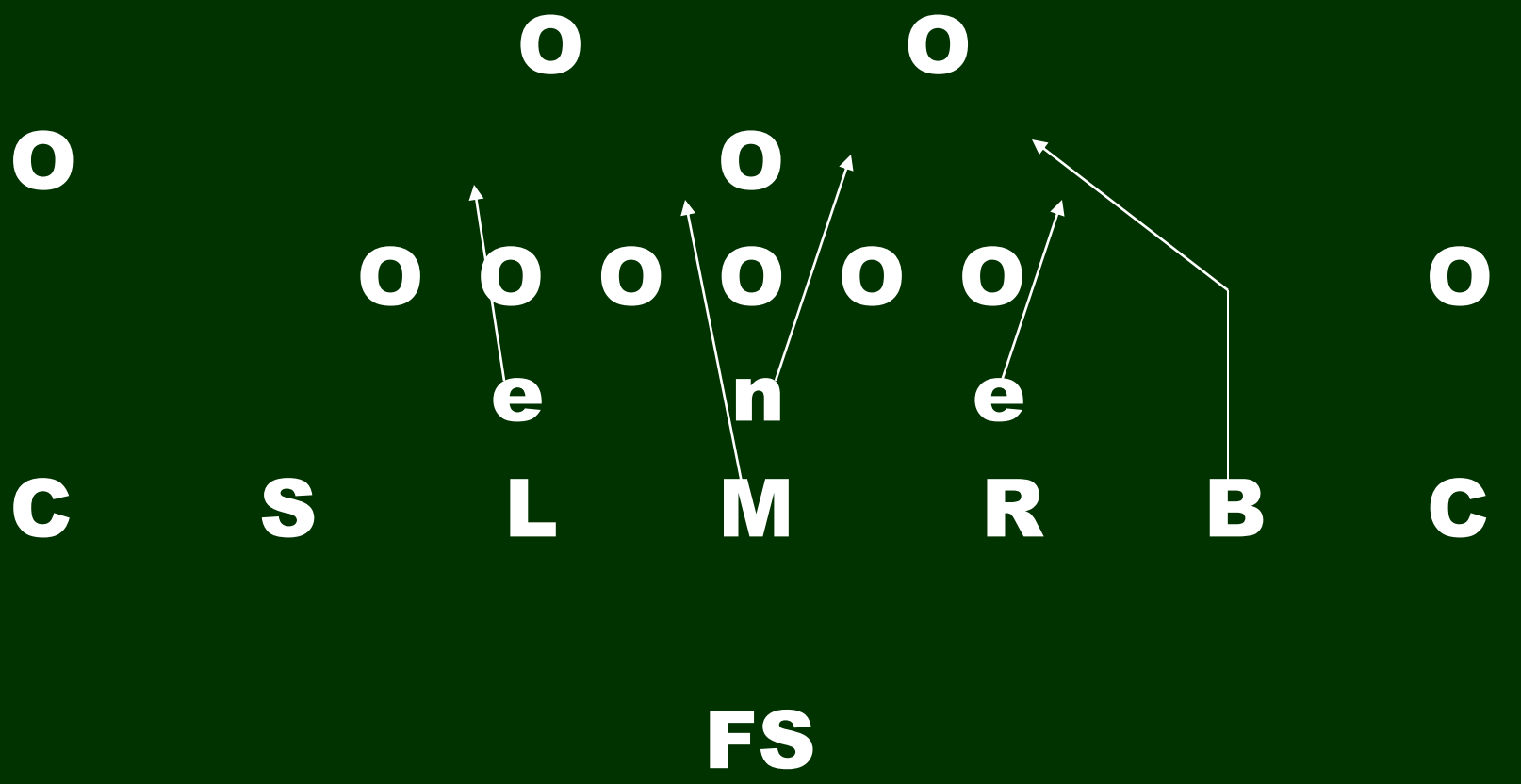
SuB



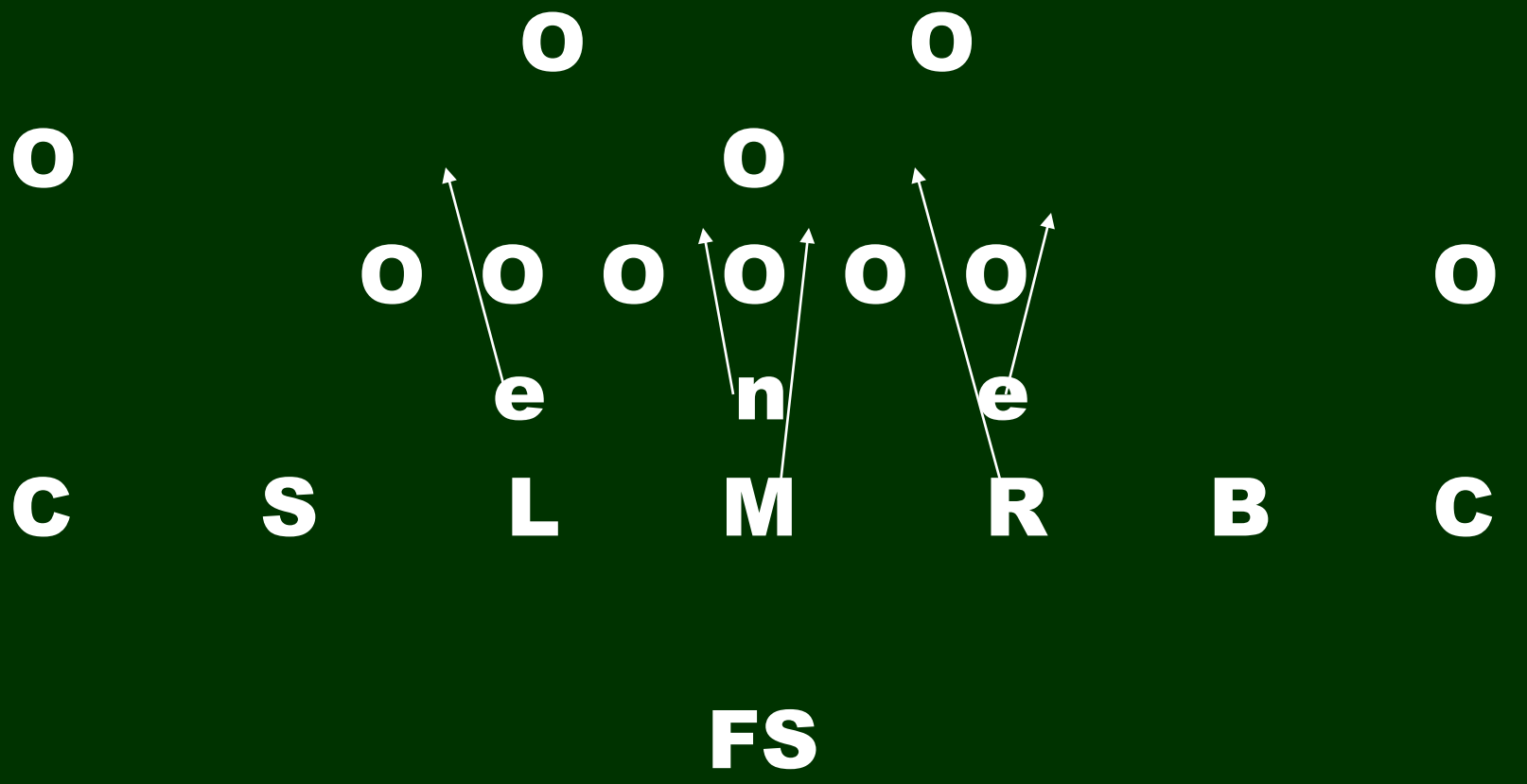
SaM



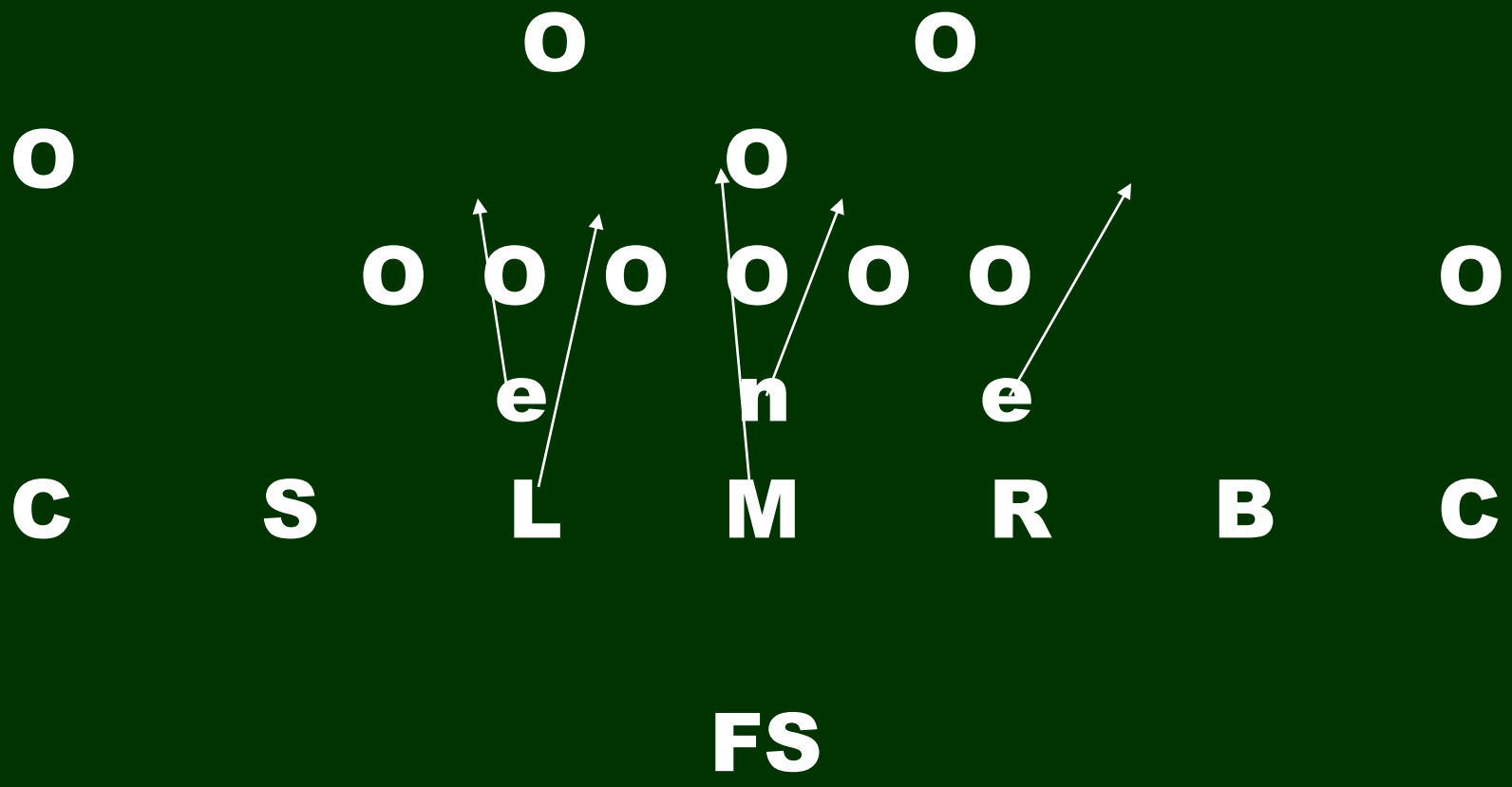
MoB



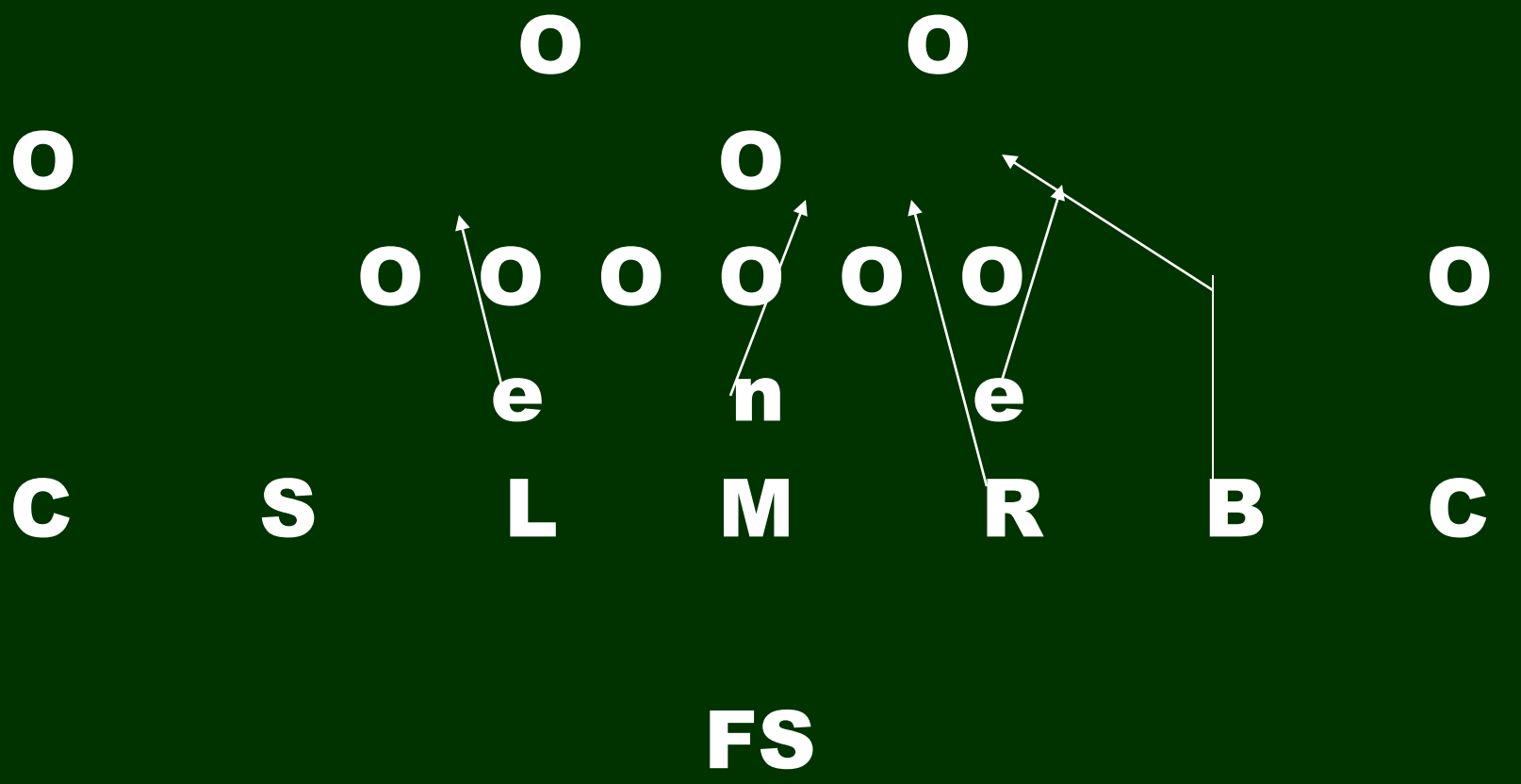
RaM



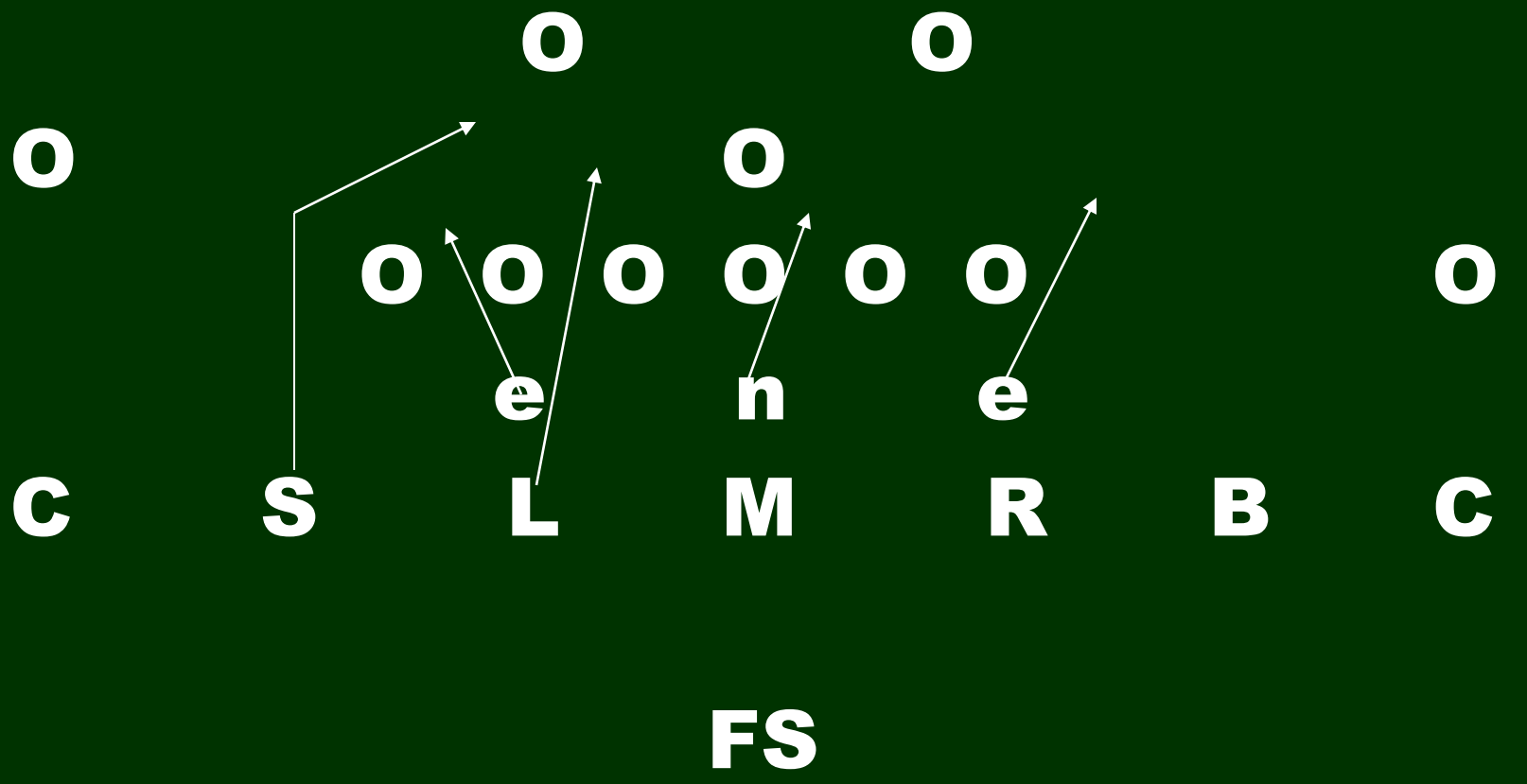
MuLe



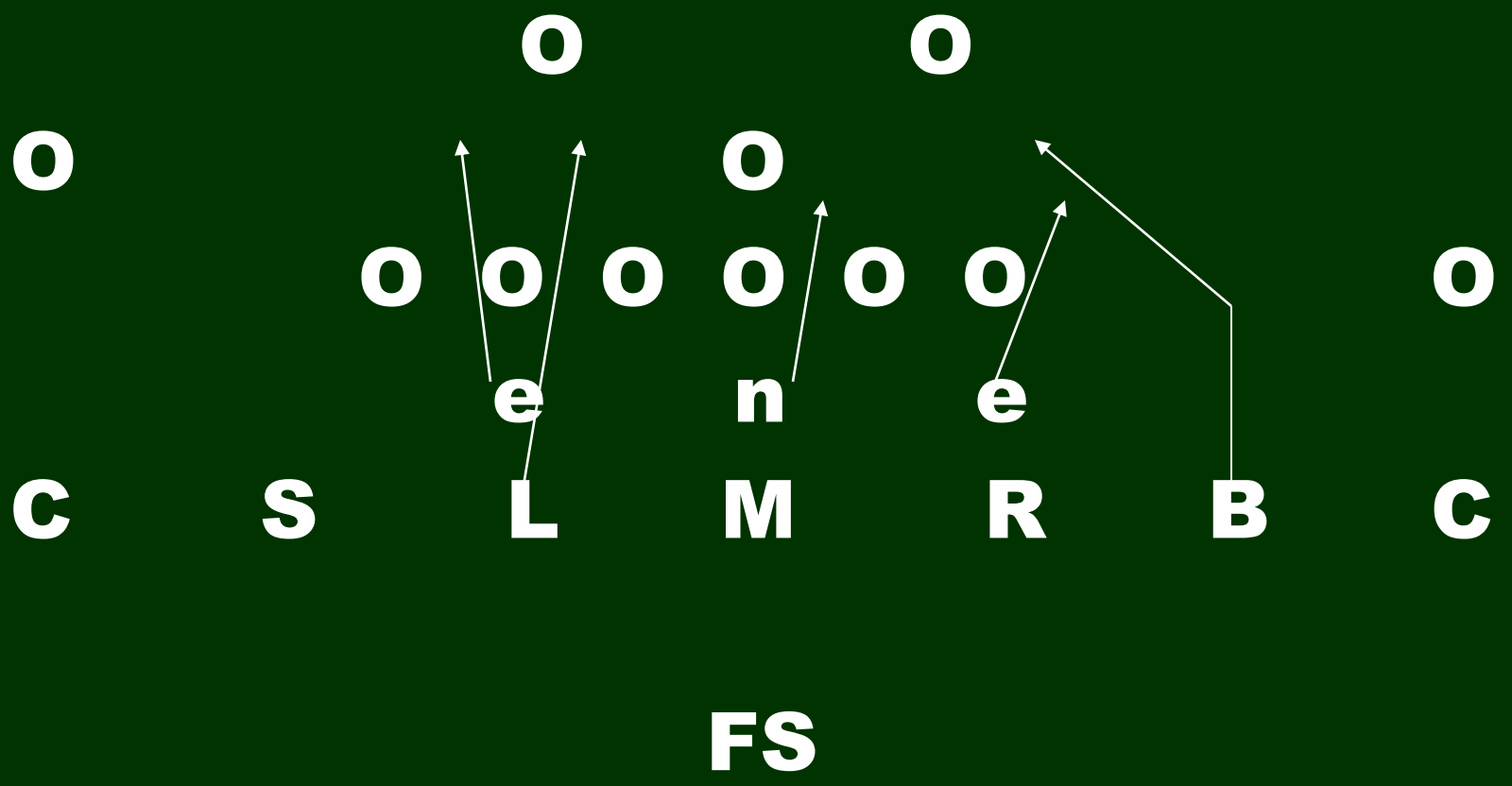
RoB



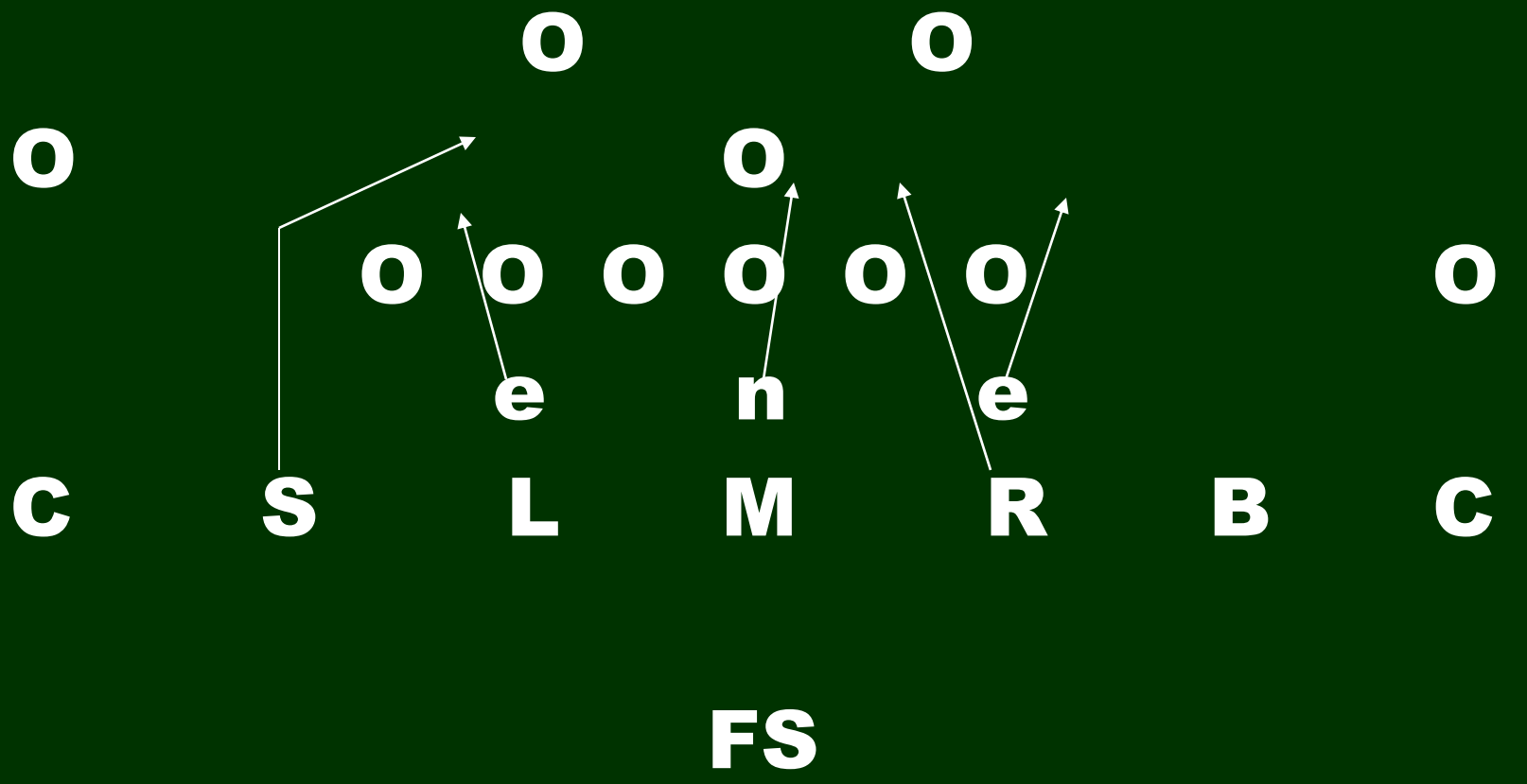
SLow



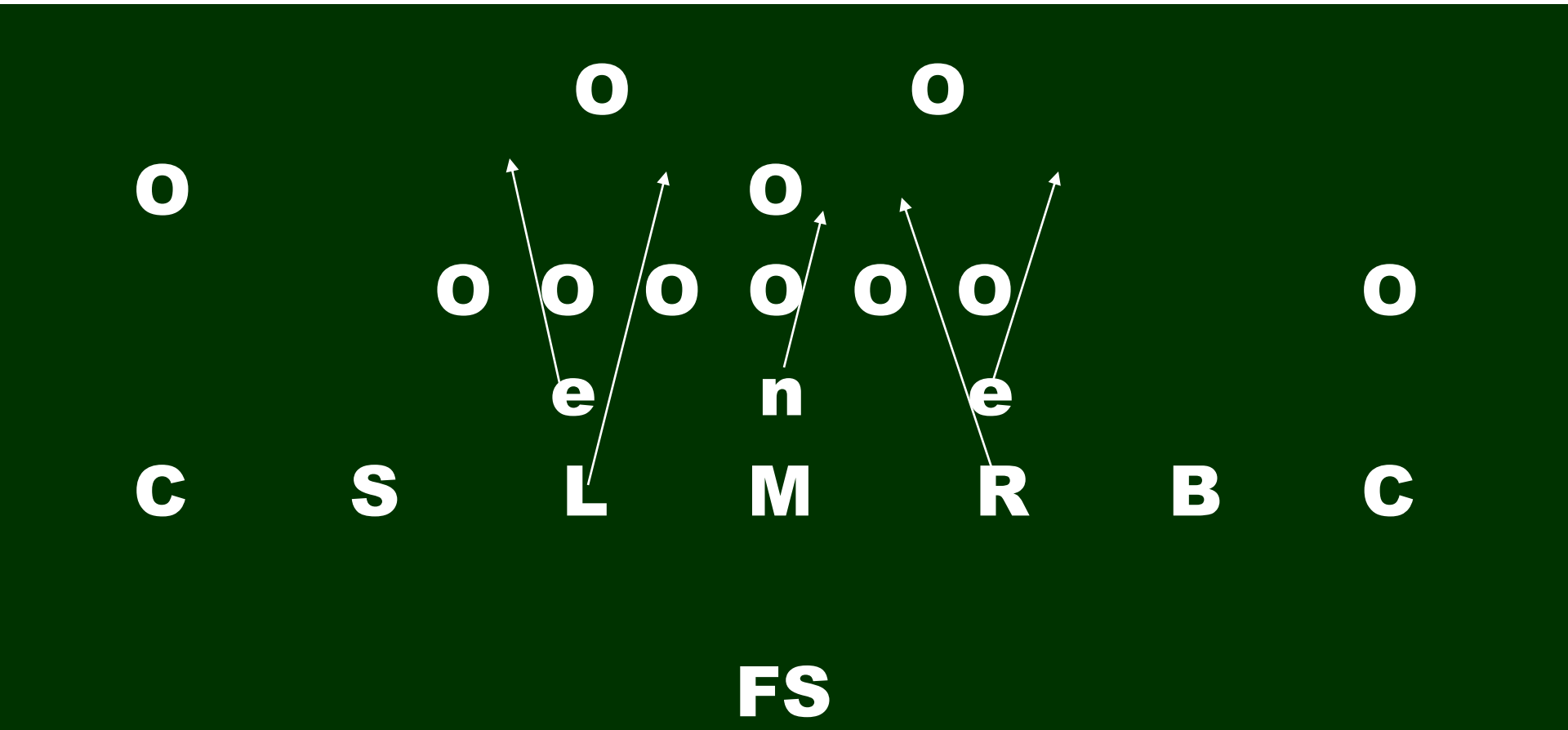
LoB



RuSh



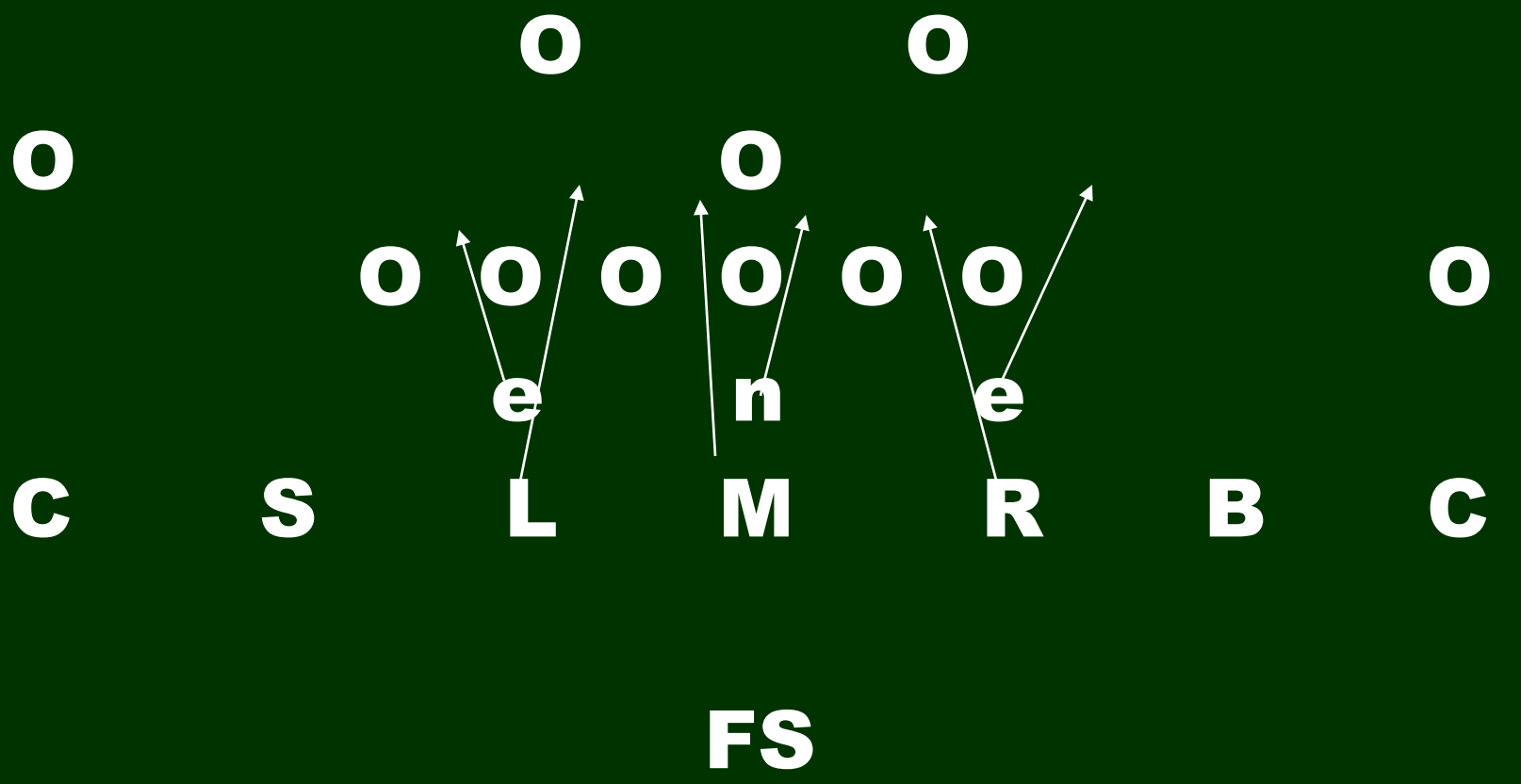
LaseR



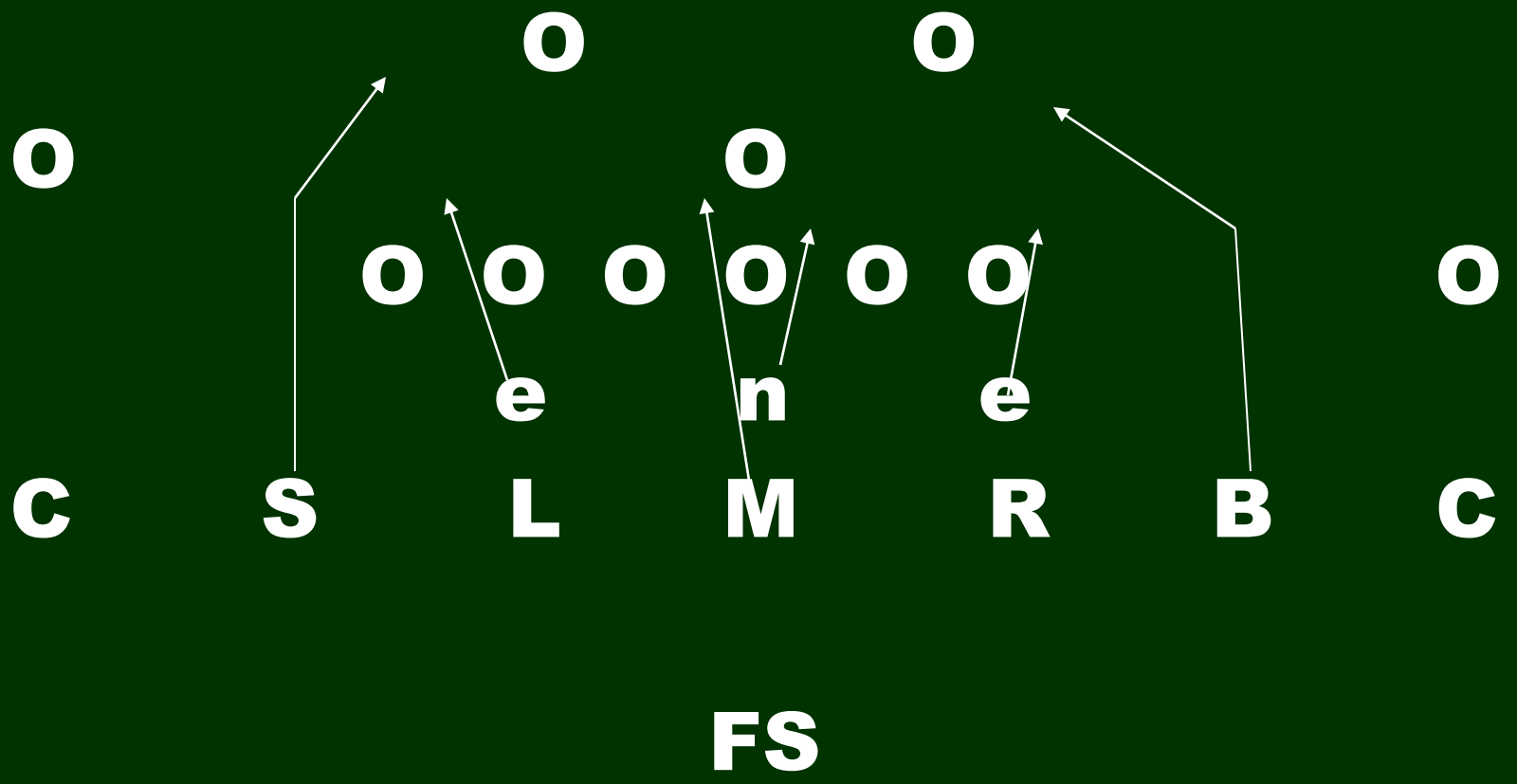
3 Men

- Lightning
- Thunder

Lightning



Thunder



Flow Types

- Inside Flow-Between the Guards
- Angle Flow-Guard to TightEnd
- Fast Flow-outside TightEnd
- Split Flow-2 back opposite direction

Flow Rules for Lou and Roy

Inside to-B gap and spill everything
Inside away-Fill B look for cutback
Angle to-Fill towards b, if color play back outside
Angle Away- Nose up and Scrape play cut back
Fast to-Get to ball
Fast Away-Scrape and play cut back
Split-Play slow check line for play type

Flow Rules for Mac

- Inside-Playside A gap. If color play backside and spill hole
- Angle-Secure A gap for cutback and look for seam. No seam play over top inside/out relationship
- Fast-Over top right NOW, Inside out
- Split- Secure A and check Secondary key

Flow Rules for Dawgs

- Inside- Fold back slowly- cannot bounce outside
- Angle to-read emol force ball to bounce
- Angle away-1st key EMOL. Fold Player pulls away-check boot then fold. Scoops away-check reverse and fold
- Fast to-Force Player, keep outside arm free
- Fast away-Fold, check for boot and reverse, don’t be in a hurry