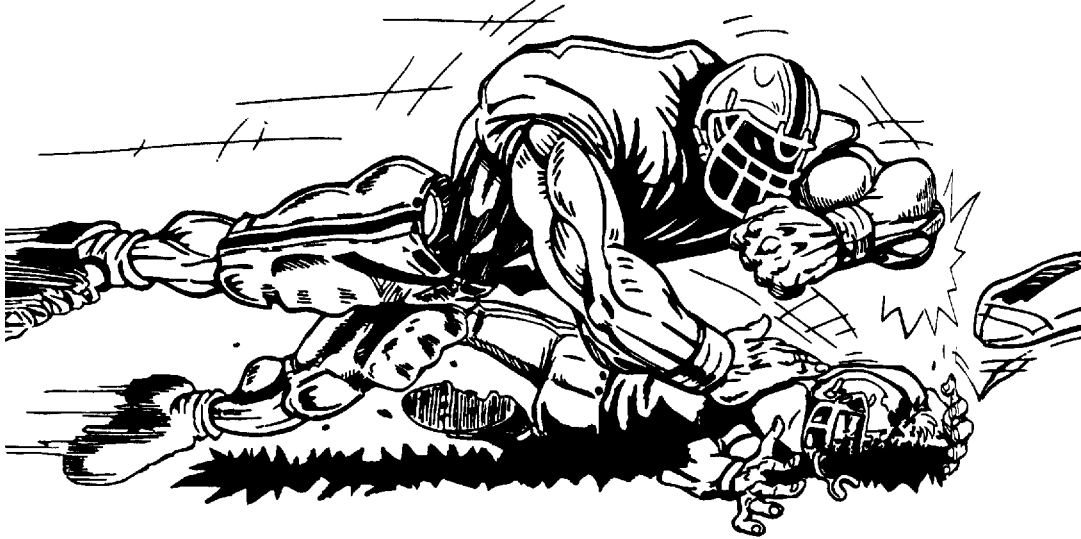


COBRA



3-3

STACK
DEFENSE

Table of Contents

3	Mission Statement
4	Defensive Philosophy
5	Ten Commandments of Cobra Defense
6	SOS
7	Description of 3-3 Stack
8	Defensive Techniques
9	Huddle
10	Alignments, Slants, and Blitz Packages
18	Combination Blitz Packages
19	Pre Snap Alignments
20	4-4 Stack
21	5-2 Monster
22	5-3
23	6-2 Heads Up
33	Set Adjustments

MISSION STATEMENT

“ A Defensive Player’s
Commitment To His
Team,
Is Measured By
The Distance
He Is From The Ball
At The End Of The Play.”

DEFENSIVE PHILOSOPHY

Enjoyable for Athletes

Adapts to Personnel

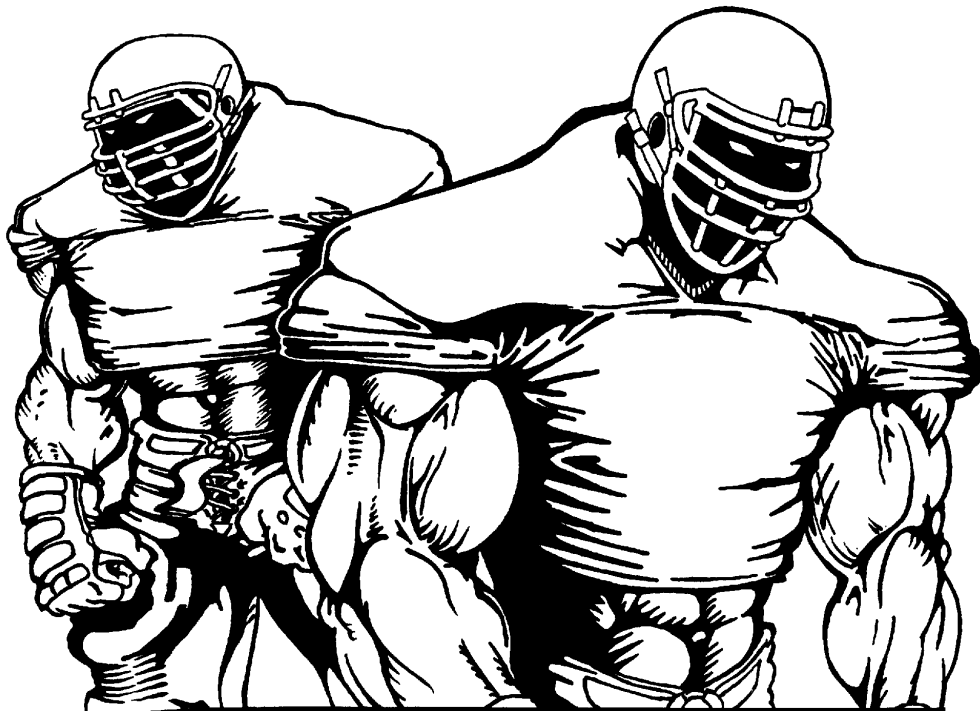
Gap Control / 8 Man Front

Attacking Defense

Stimulates Confusion for Offense

Simple Effective Stunt Packages

Adjusts to 4 and 5 Man Front Simply



Ten Commandments of Cobra Defense

1. EVERYONE MUST ATTACK !
You must be aggressive
2. EVERYONE MUST CREATE TURNOVERS !
Get the ball back to the offense quickly
3. EVERYONE MUST DISRUPT THE OFFENSE !
Throw the offense out of their timing
4. EVERYONE MUST PURSUIT !
More than one player on the tackle EVERY play
5. EVERYONE MUST TRY TO SCORE !
Change the course of the game
6. EVERYONE MUST NEVER QUIT !
Do not concede one inch
7. EVERYONE MUST PUT THE OFFENSE IN TURMOIL !
Dictate the game
8. EVERYONE MUST BE FLEXIBLE !
Be able to adapt to any offense and still attack
9. EVERYONE MUST BE SMART !
Study the tapes and be prepared
10. EVERYONE MUST HELP EVERYONE !
There is no one person, there is only the defense

S.O.S.

SWARM. OFFEND. SUFFOCATE

Swarm is defined, “to move or assemble in a crowd with hostility”. You must have a burning desire to swarm to the football. A ball carrier is one person, a quarterback is one person, a receiver is one person. Swarming to the football allows for a huge mismatch that can only be made through a burning desire to want to be in a crowd of hostile defenders.

Offend is defined, “to cause difficulty, discomfort or injury”. As a defense you must offend the opponent. Embarrass the offense when you play. Make them change the play. Make it difficult to block. Make the offense uneasy and make them question themselves on every play.

Suffocate is defined, “to impede or make uncomfortable by wanting”. As a defense you must suffocate the offense from the first snap. Suffocating the offense by taking them out of their rhythm and comfort zone. Stifle their progress by being overly aggressive and stemming everywhere, all the time.

SWARM. OFFEND. SUFFOCATE.

Live by the SOS rule on defense. Think SOS always as a unit. Play by the SOS philosophy on every down and good things won’t just happen by chance. They will happen because of you and your teammates.

Cobra 3-3 Stack

The 3-3 Stack is a defensive scheme designed to give the defense the ability to be flexible as well as creating the opportunity to confuse the offense. This opportunity is based on ability to change defensive fronts and the ability to blitz anyone, anytime. The defense is set up to slant the lineman out of every front. The slanting lineman coupled with the 5 blitzing linebackers causes confusion to the offensive blocking schemes.

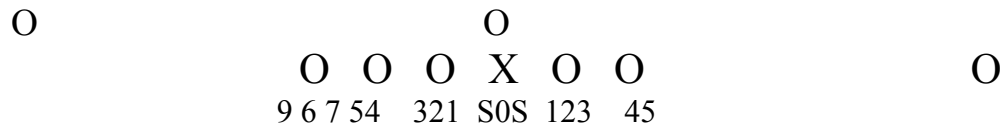
The 3-3 Stack will put immense pressure on the offense to recognize the blitz packages and which defensive player is coming and when are they coming and from where. This attacking style will set the tone from the first snap to the last snap instead of the offense setting the tone.

The following players are named:

N	Noseman
T	Tackles
M	Mike: Middle LB
W	Will: Weak LB
S	Sam: Strong LB
M	Monster: Strong Safety
B	Bandit: Weak outside LB
C	Corners
FS	Free Safety

Defensive Techniques

The following are assigned “techniques” of the defensive alignments:



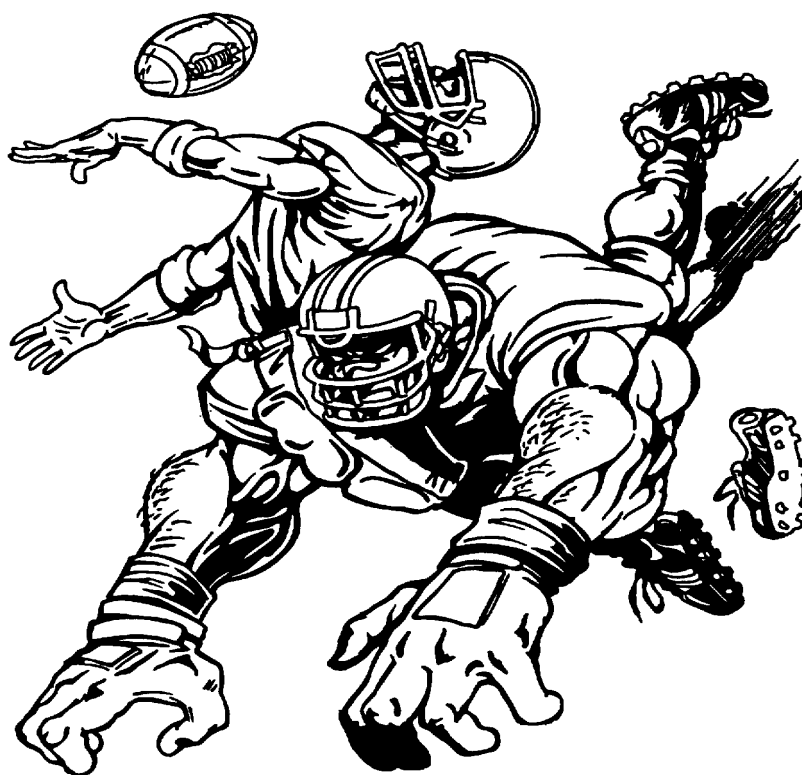
- 0 Head up on the center
- S Shade eye on the center
- 1 Shade inside eye on the guard
- 2 Head up on the guard
- 3 Shade outside eye of the guard
- 4 Head up on the tackle
- 5 Shade outside eye on the tackle
- 6 Head up on the TE or WB
- 7 Shade inside eye on the TE or WB
- 8 Shade outside eye on the TE or WB



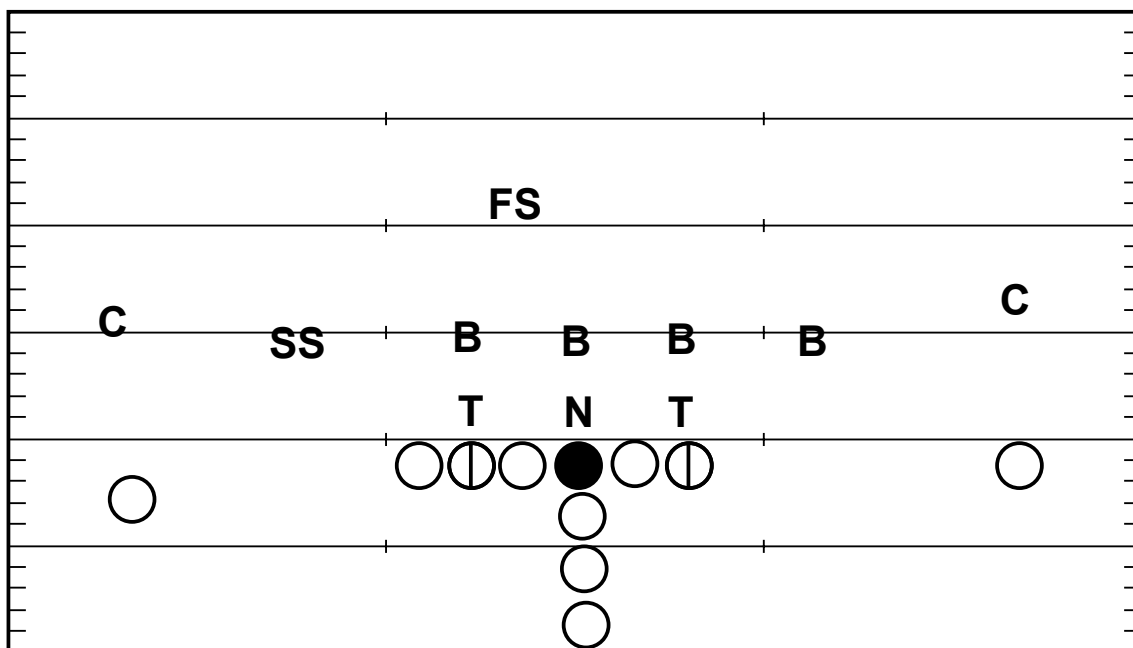
The Defensive Huddle is arranged in a manner that simple and easy to get the calls and break to your appropriate position and alignment.

FS
 C SS B C
 S T N T W
 M

**ALIGNMENTS,
SLANTS
And
BLITZ
PACKAGES**

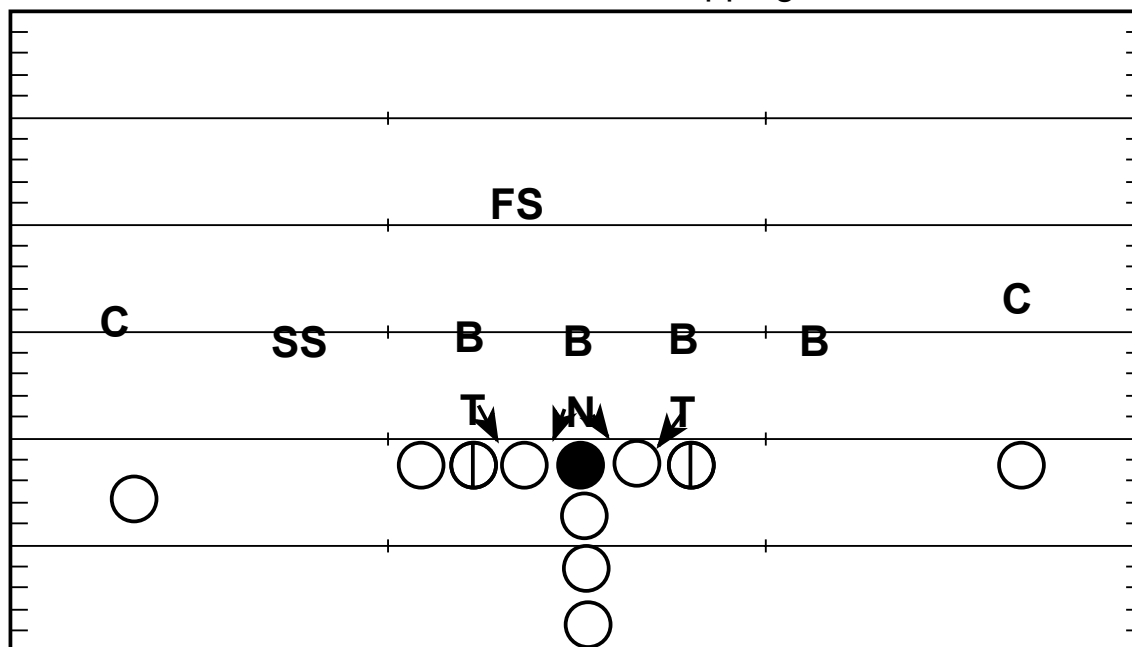


3-3 STACK BASE



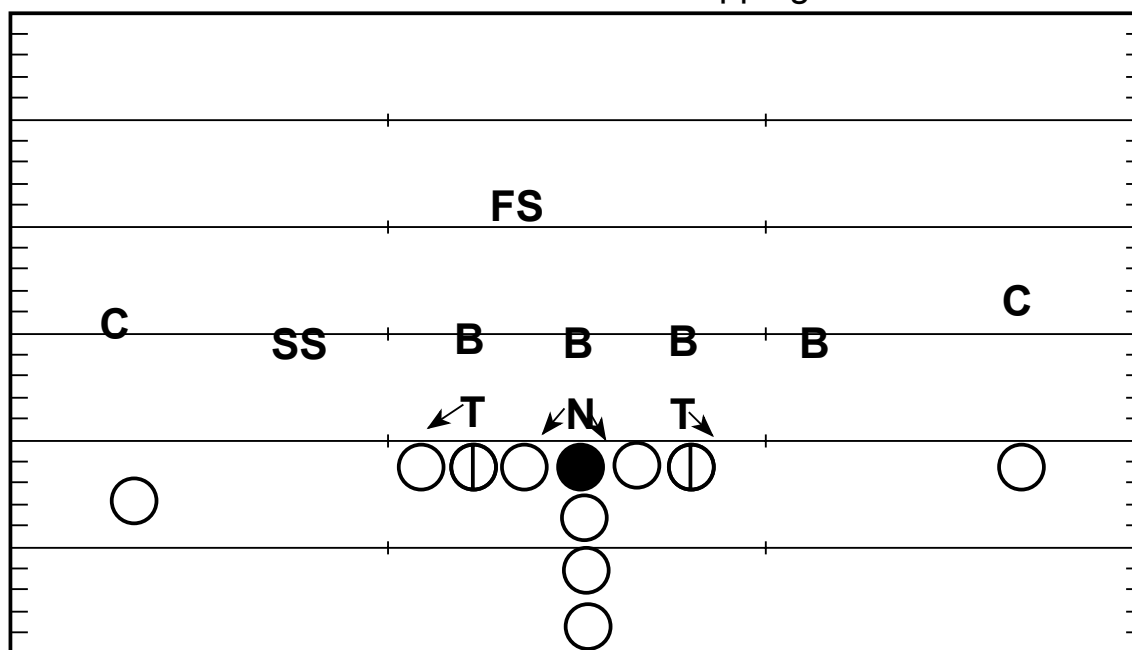
3-3 PINCH

DL Slant Inside w/ M tapping N

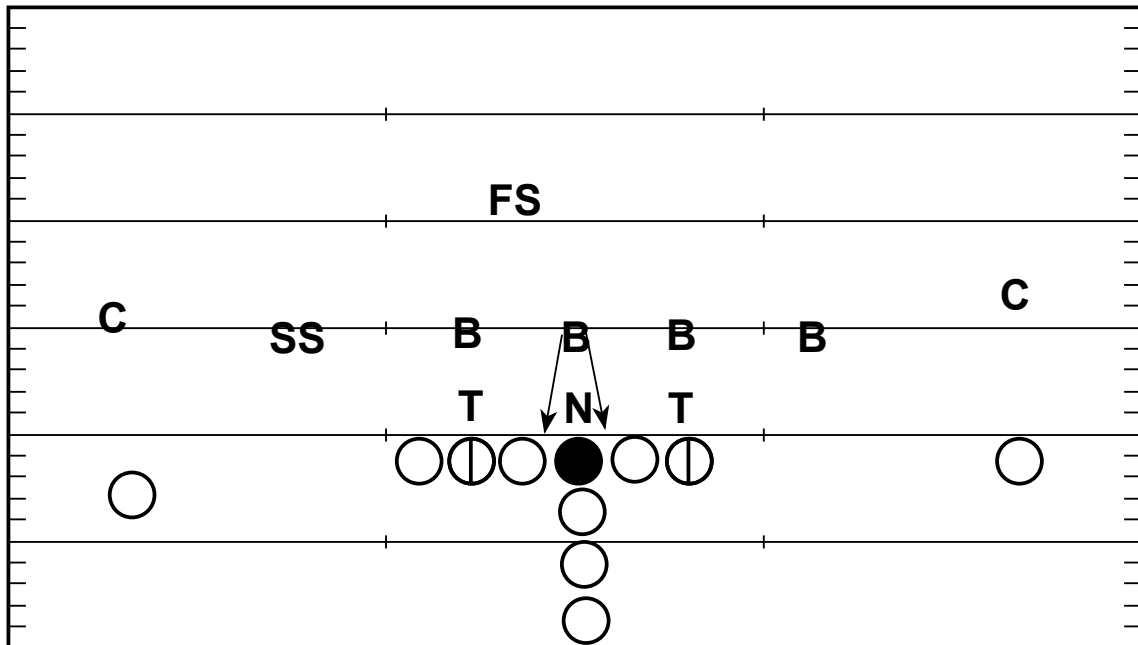


3-3 WIDE

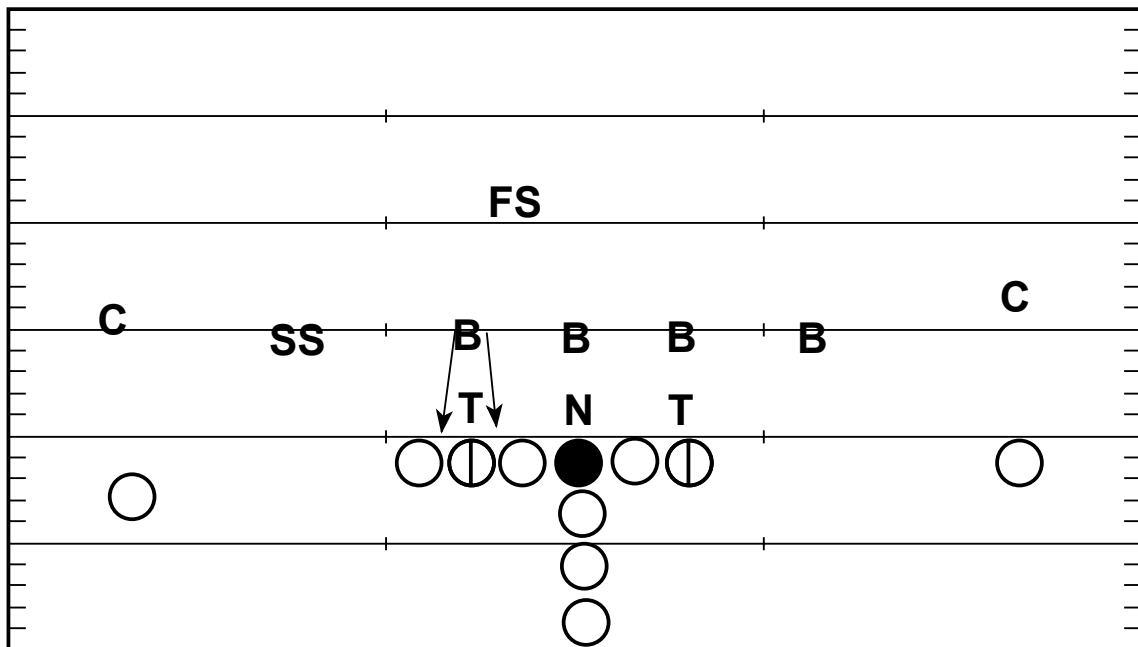
DL Slant Outside w/ M tapping N



3-3 MIKE Mike Blitz

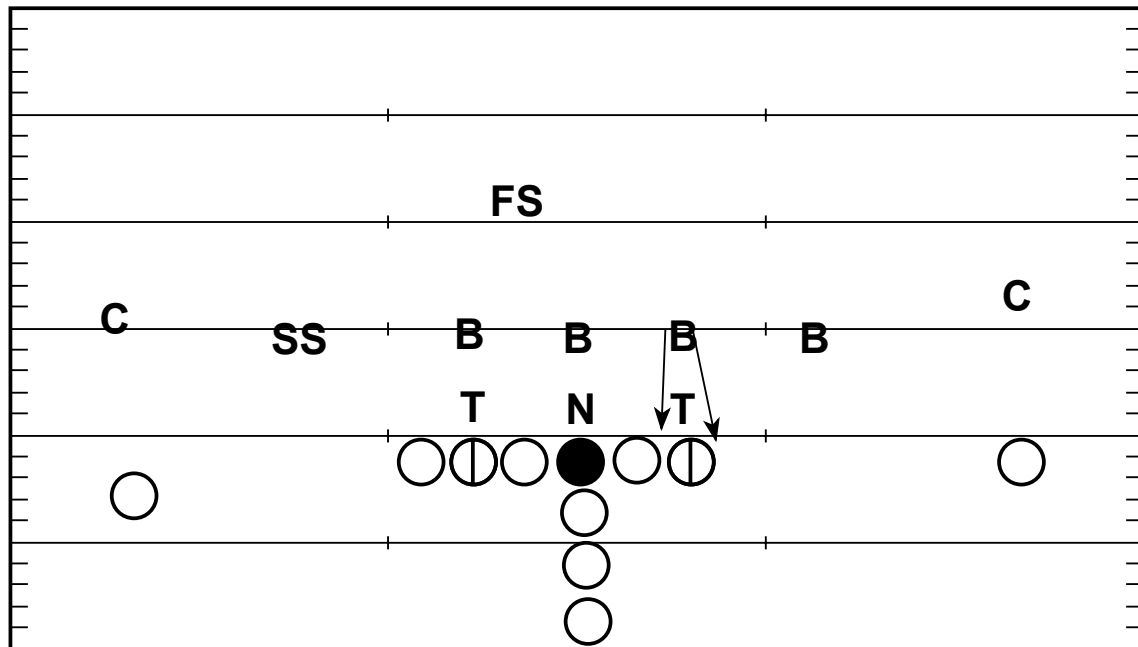


3-3 SAM Sam Blitz

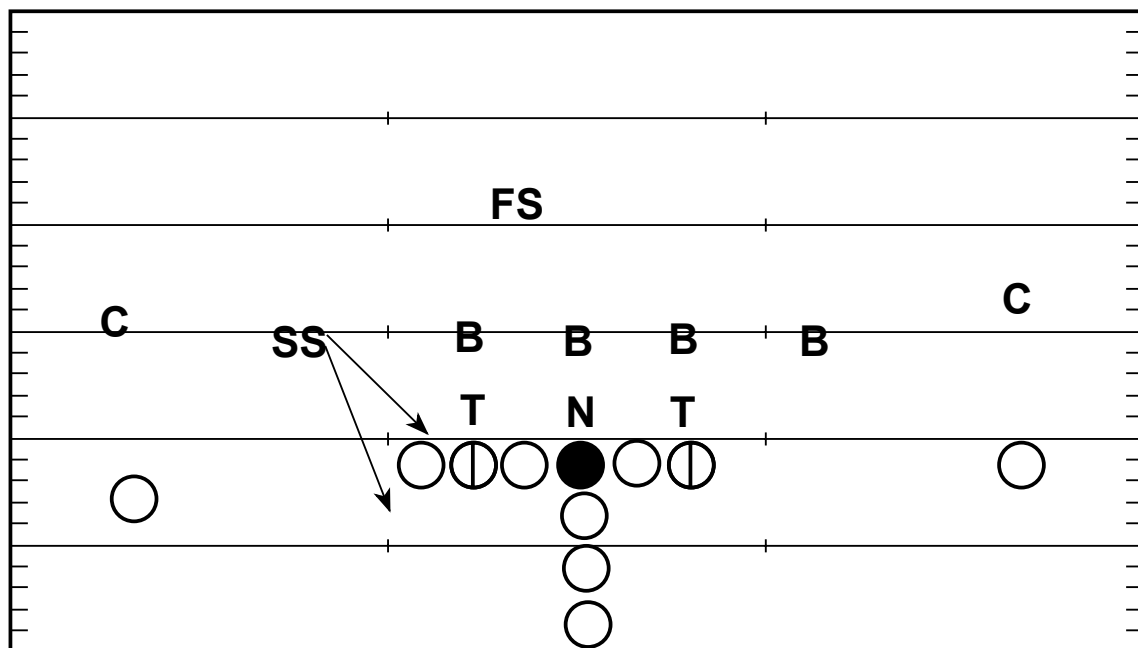


3-3 WILL

Will Blitz

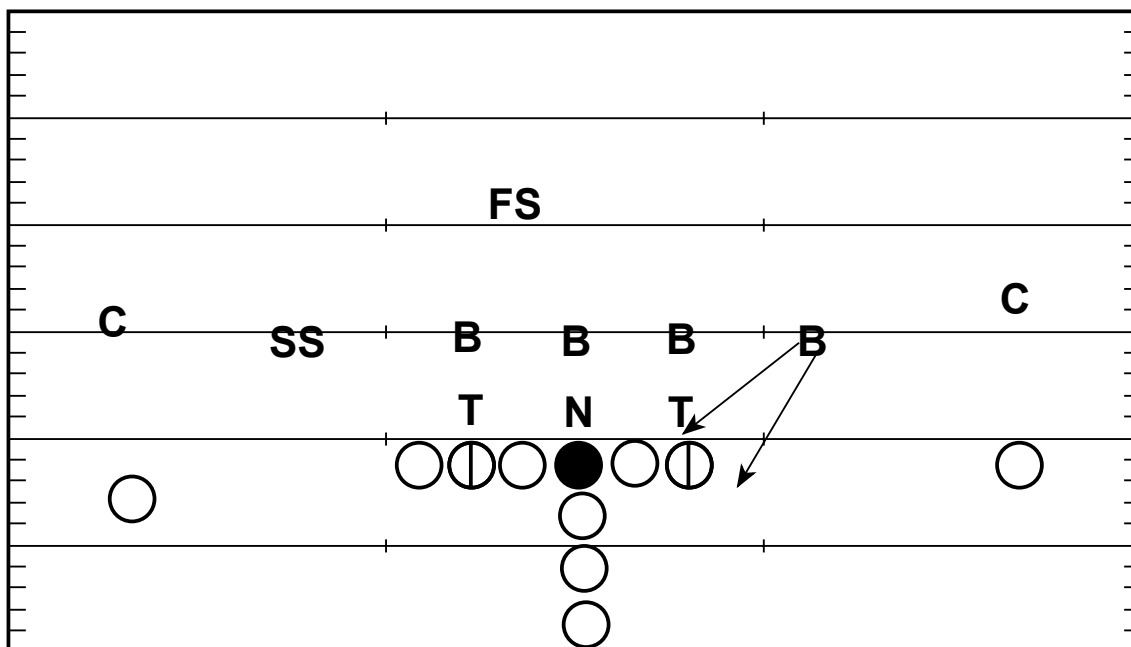


3-3 MONSTER Monster Blitz



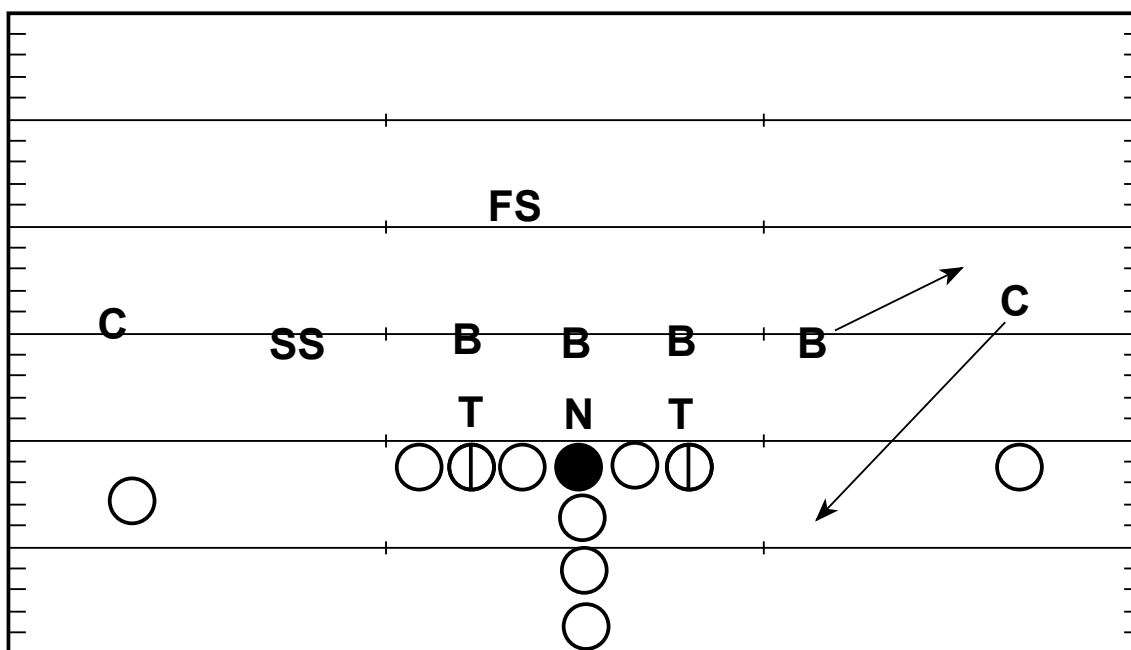
3-3 BANDIT

Bandit Blitz



3-3 WINK

Weak Corner Blitz



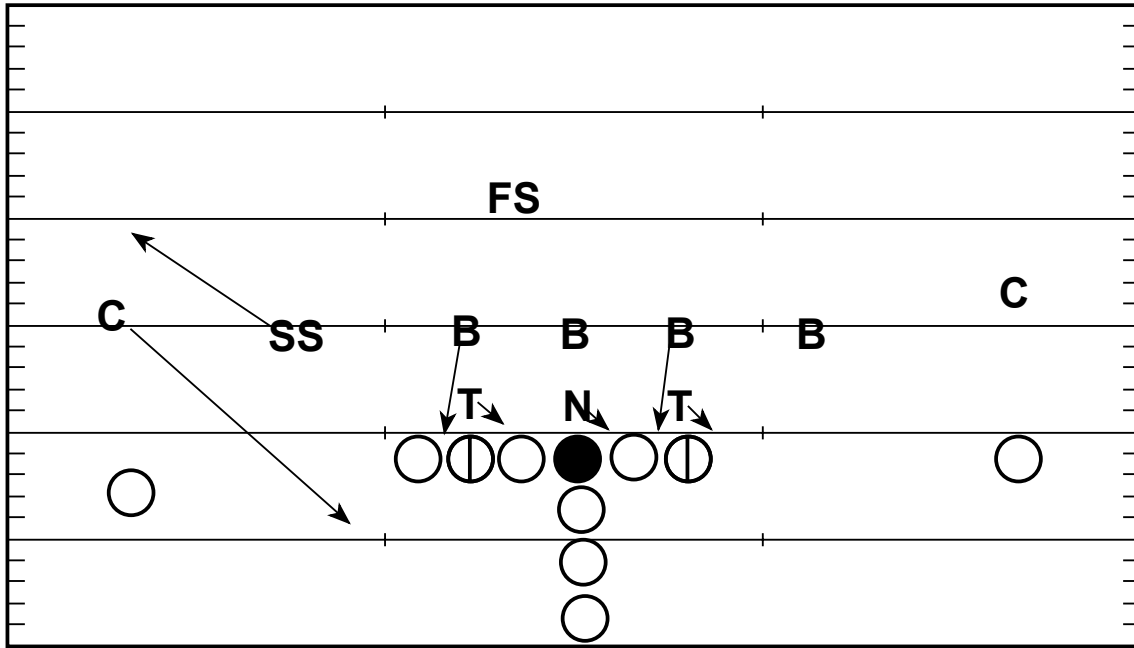
Combination Blitz Packages

BAMO: Bandit and Monster
SAW: Sam and Will
MASK: Sam and Mike
WHAM: Will and Mike
SWIM: Sam, Will and Mike
HOUSE: Monster, Sam, Mike, Will and Bandit
BARK: Both Corners

****FOLLOW: Called LB Blitz, following the defensive lineman through the same gap

EXAMPLE:

3-3 Weak Saw Sink



Pre-Snap Alignments

The Pre-Snap Alignments designate where a player lines up before the snap of the ball. The 5 different alignments will assist in confusing the offense and the quarterback's reads. The key is to be in control of your movement and responsibilities at the snap.

BASE: Basic Alignment according to the call in the huddle

CHEAT: All the blitzing players will cheat toward their respective gaps to blitz

SHOW: All the blitzing players will show the gap they are coming through

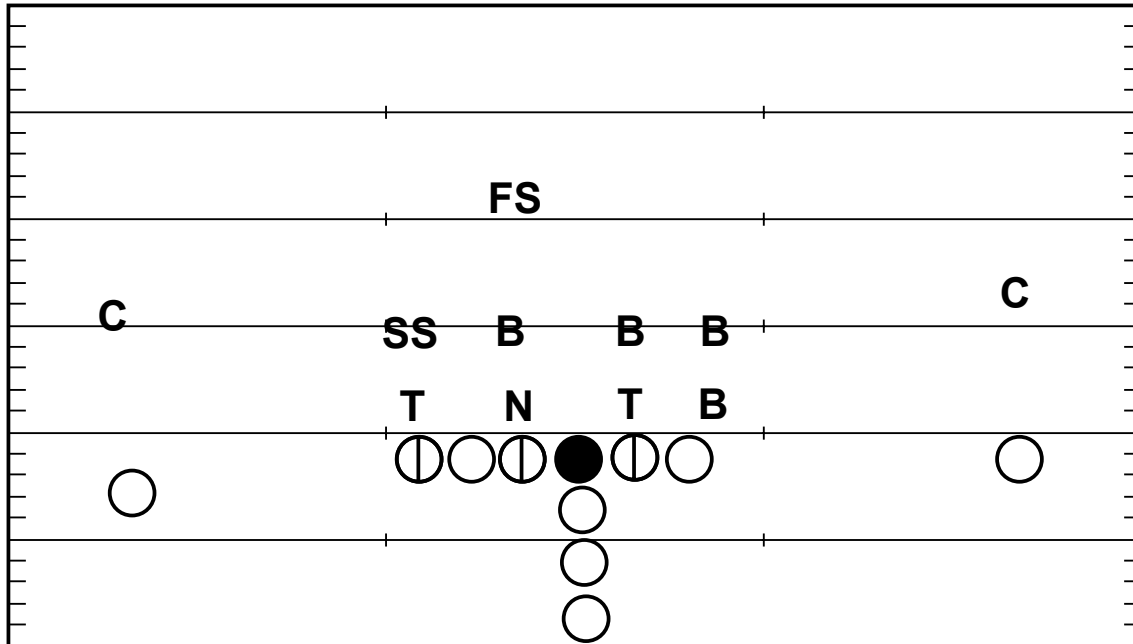
MESS: All the players (except for DL) are moving, stemming, bouncing, etc., in ANY gap or position before the snap. At the snap, you will take of your responsibilities.

UP: All the DL will be standing up

4-4 Stack

The 3-3 Stack is a versatile defense. It allows the defense to be several different fronts while maintaining the personnel that is on the field.

The 4-4 Stack is another front that will confuse the offensive team. The base defense and calls are the same with some minor movements.



In the 4-4 Stack, the following movements create the front:

Strong side tackle: Moves to a 6 technique

Noseman: Moves to a 2 technique

Weak side tackle: Moves to a 2 technique

Will: Moves to a 6 or 5 technique

Monster, Sam, Mike and Bandit: Move away from the strong call to stack behind the DL

Secondary: Unchanged

5-2 Monster (FISTO)

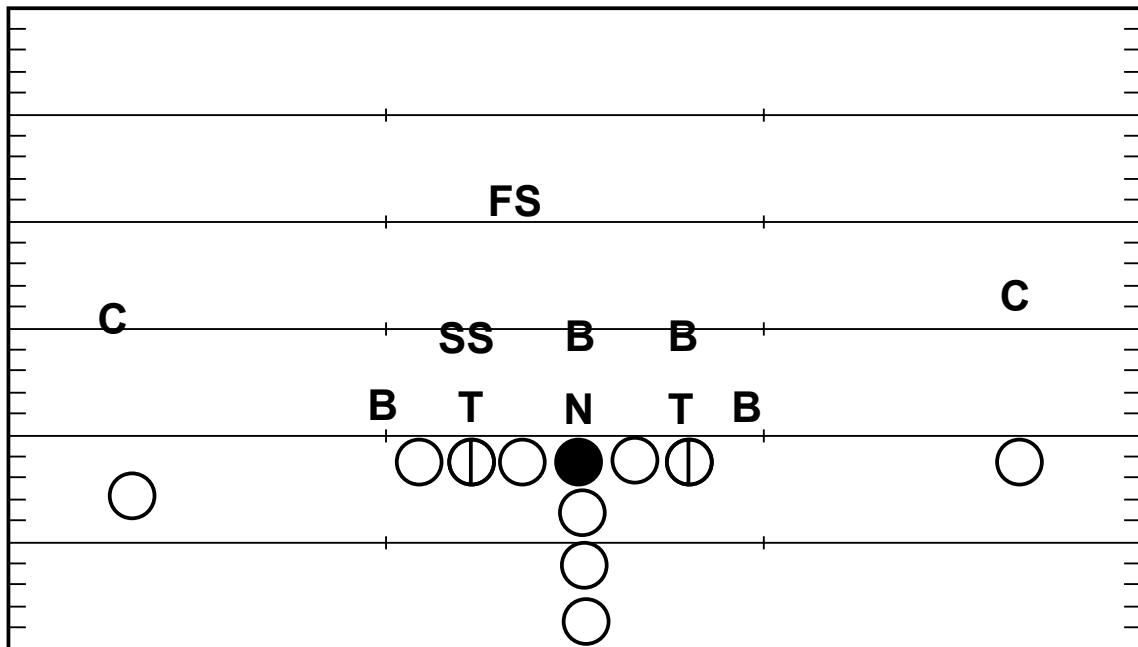
The 3-3 Stack is a versatile defense. It allows the defense to be several different fronts while maintaining the personnel that is on the field.

Defensive Line: No movement
Monster: No movement
Secondary: No movement
Bandit: Moves to a DE in either a 6 or 9 technique
Sam: Moves to a DE in either a 6 or 9 technique
Mike and Will: Move Strong side to "20" LB

5-3

22

The 5-3 is another front that will confuse the offensive team. The base defense and calls are the same with some minor movements.



In the 5-2 Defense, the following movements will create the front:

Defensive Line: No Movement

Sam and Will: Move to "9" techniques on their called side

Monster and Bandit: Move to 40 Linebacker (stack)

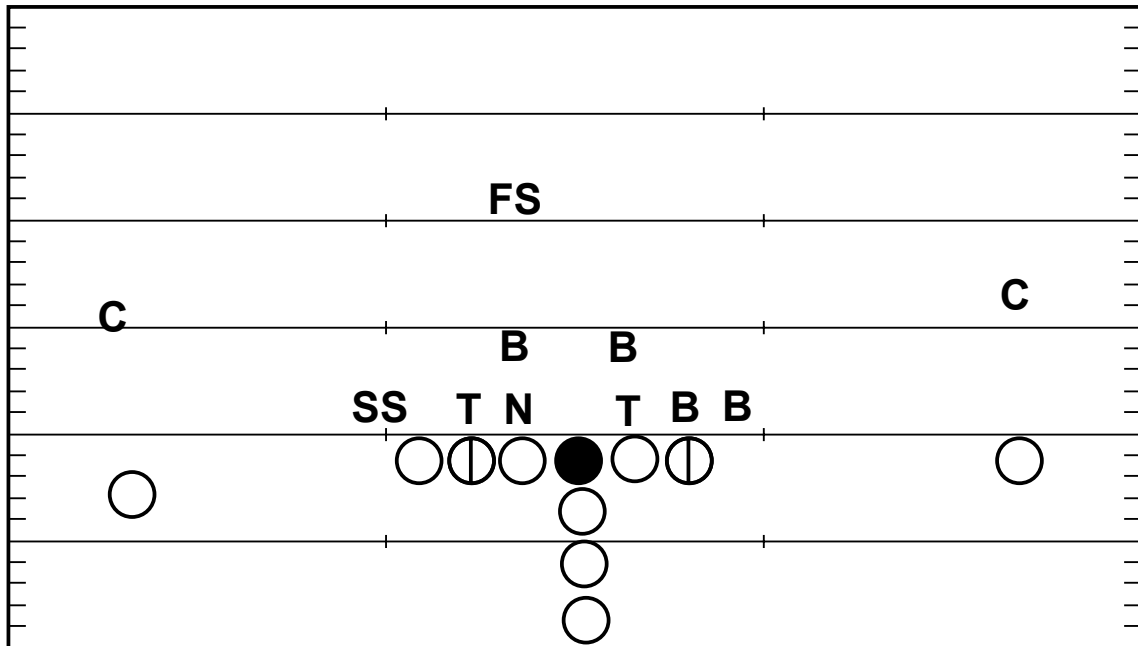
Secondary: No Movement

6-2

Heads Up

The 3-3 Stack is a versatile defense. It allows the defense to be several different fronts while maintaining the personnel that is on the field.

The 6-2 is another front that will confuse the offensive team. The base defense and calls are the same with some minor movements.



In the 6-2 Heads Up Defense, the following movements will create the front:

From the 4-4 Stack:

Tackles: Move to a 4 eye

Monster and Bandit: Move to 9 technique

Will and Mike: Move to 20 backer

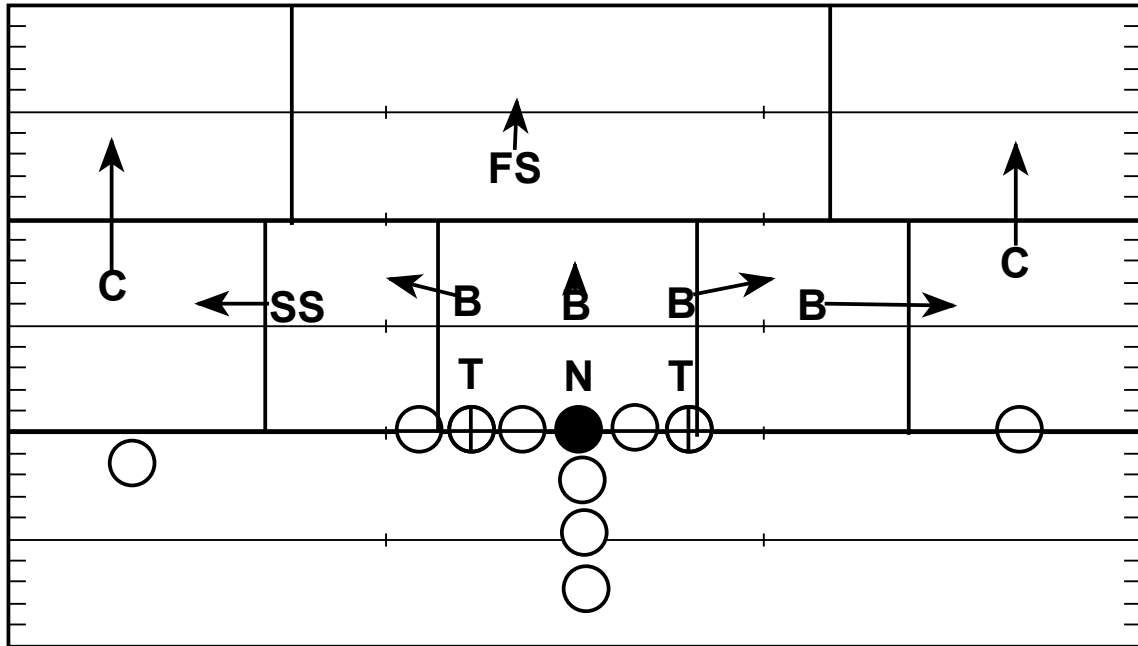
Coverages

The secondary coverages can and will vary according to offensive sets, defensive fronts, down and distance and situations on the field.

Almost all the secondary coverages will be zone in nature. Some Man to Man will be used in certain blitzing situations.



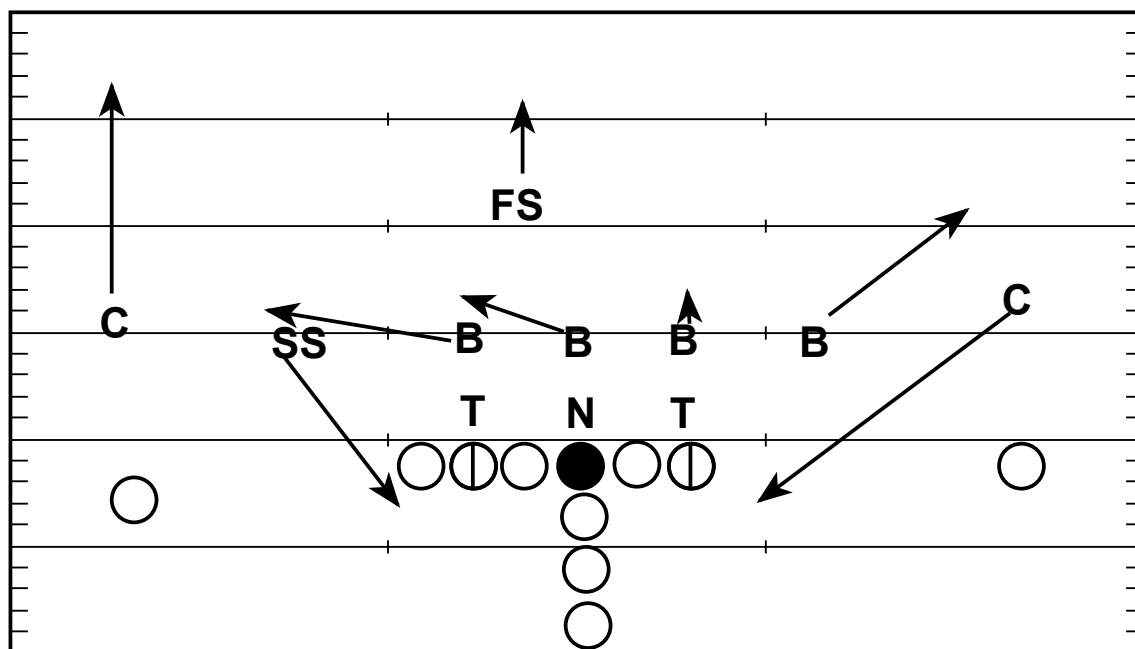
3-3 Stack
Cover 3



Corners: Deep thirds
 Safety: Deep third
 Monster: Strong side flat
 Bandit: Weak side flat
 Will: Weak Curl
 Mike: Middle Curl
 Sam: Strong curl

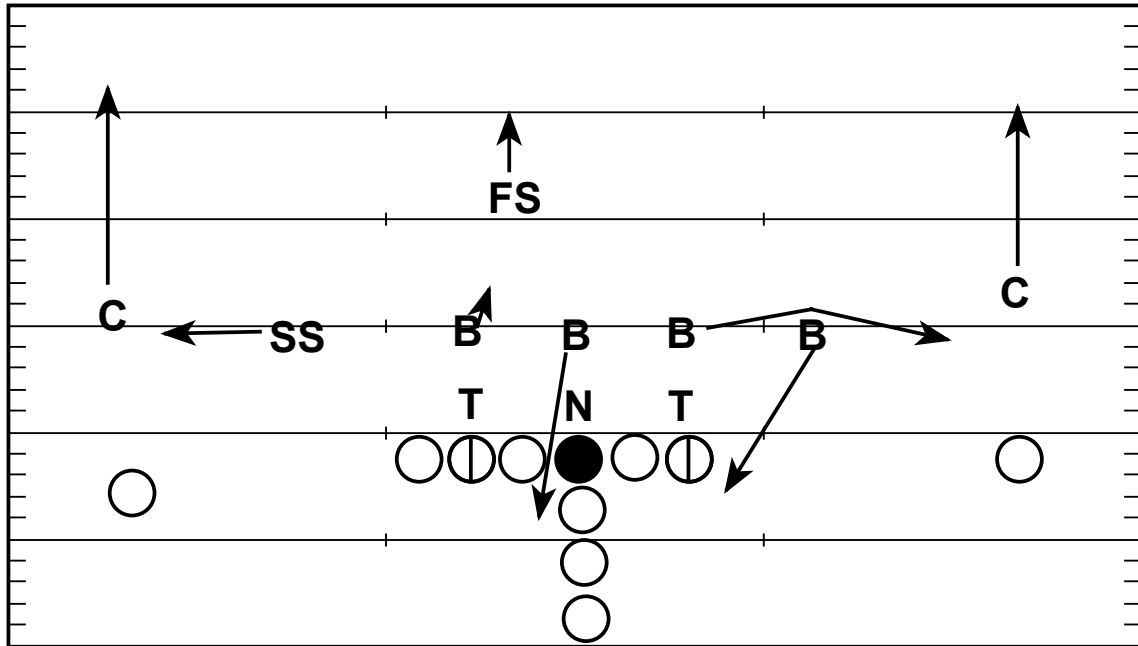
A blitzing player will leave a zone unoccupied by the defense. During any blitz, the near defensive player **MUST** acknowledge the absence of the blitz and play the zone near them accordingly.

3-3 Monster Wink



In this blitz, Sam will take back out to flat (replacing the Monster) and Bandit will take deep weak side third (replacing the Weak Corner). Mike will need to adjust his drop to assist on the TE dump.

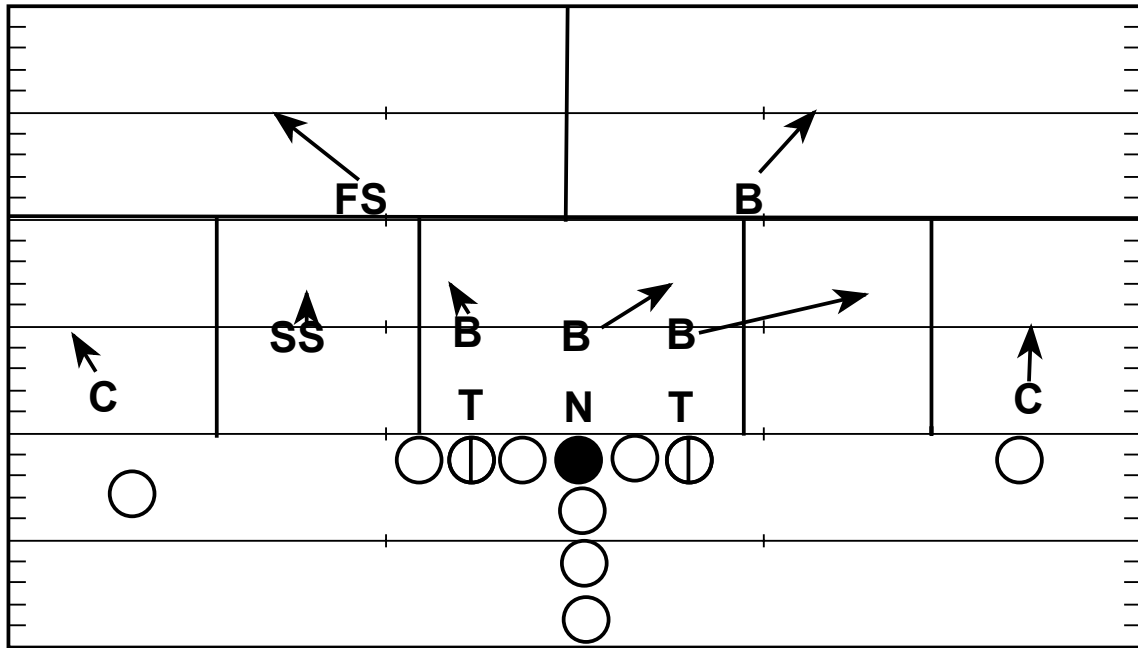
3-3 Weak Mike Bandit



In this blitz, Will will take back out to flat weak (replacing Bandit) and Sam will check TE and then help on the middle curl (replacing Mike).

COVER 2

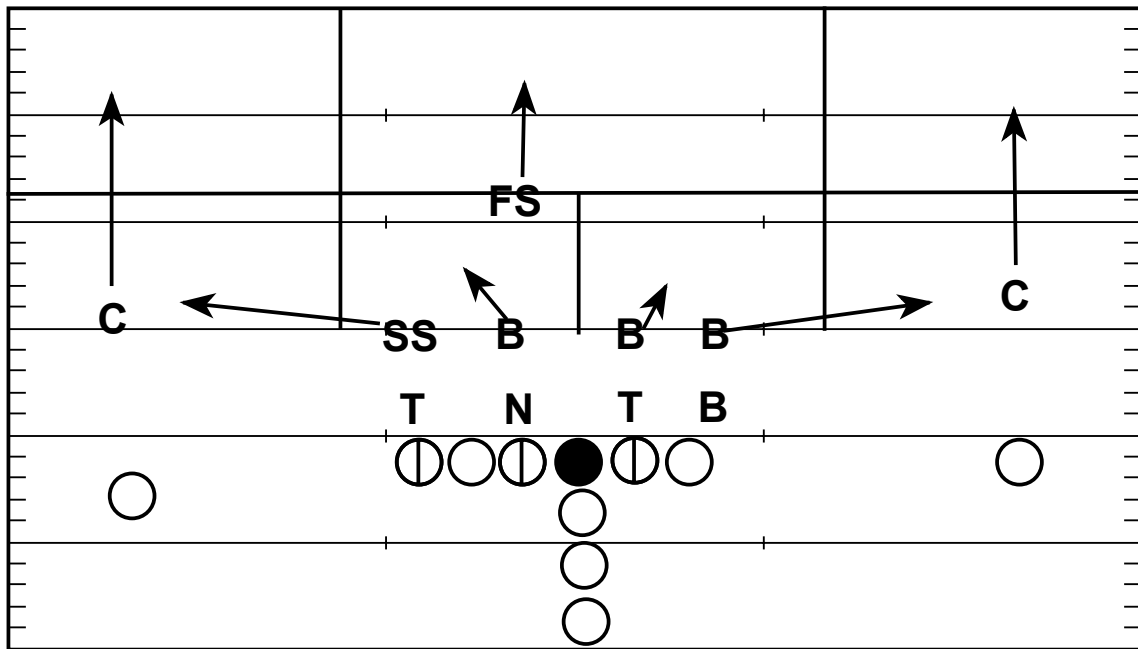
3-3 Stack Cover 2 (w/o blitz)



Free Safety: Drops to Strong Deep Half
 Bandit: Drops to Weak Deep Half
 Corners: Walk up to Press and play flat
 Will: Outside weak curl
 Monster: Outside Strong curl
 Sam and Mike: Inside curl

3-3 Monster Cover 2

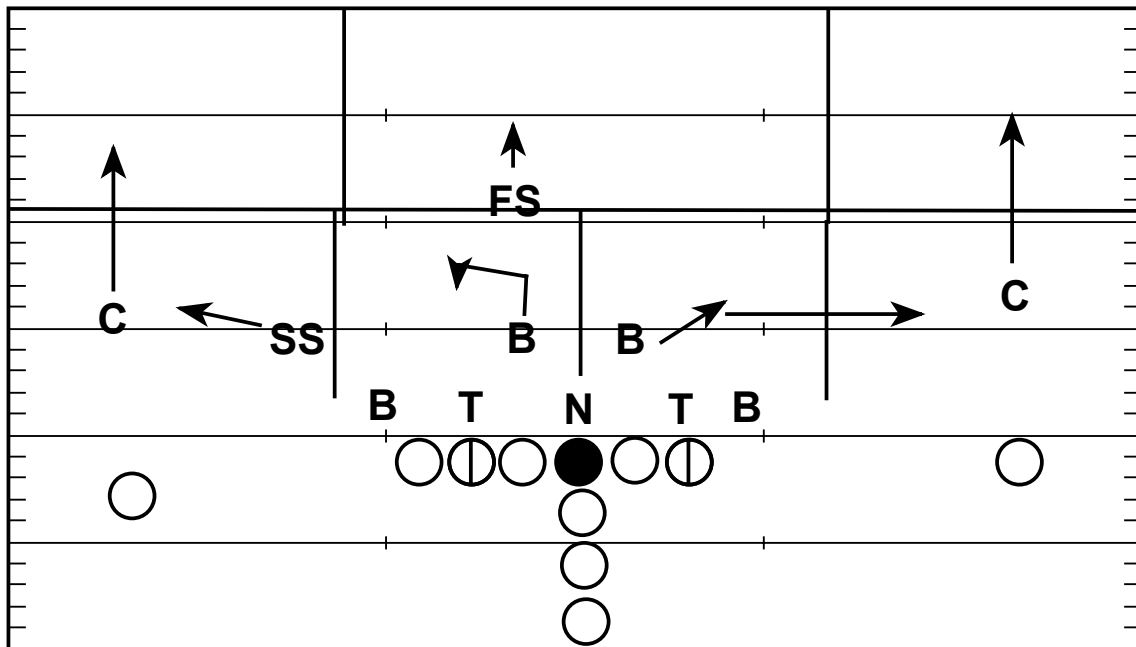
Cover 3



Corners: Deep outside thirds
 Free Safety: Middle deep third
 Monster: Strong side flat
 Bandit: Weak side flat
 Sam: Strong curl
 Mike: Weak curl

5-2 Fisto

Cover 3



Corners: Deep outside thirds

Free Safety: Middle deep third

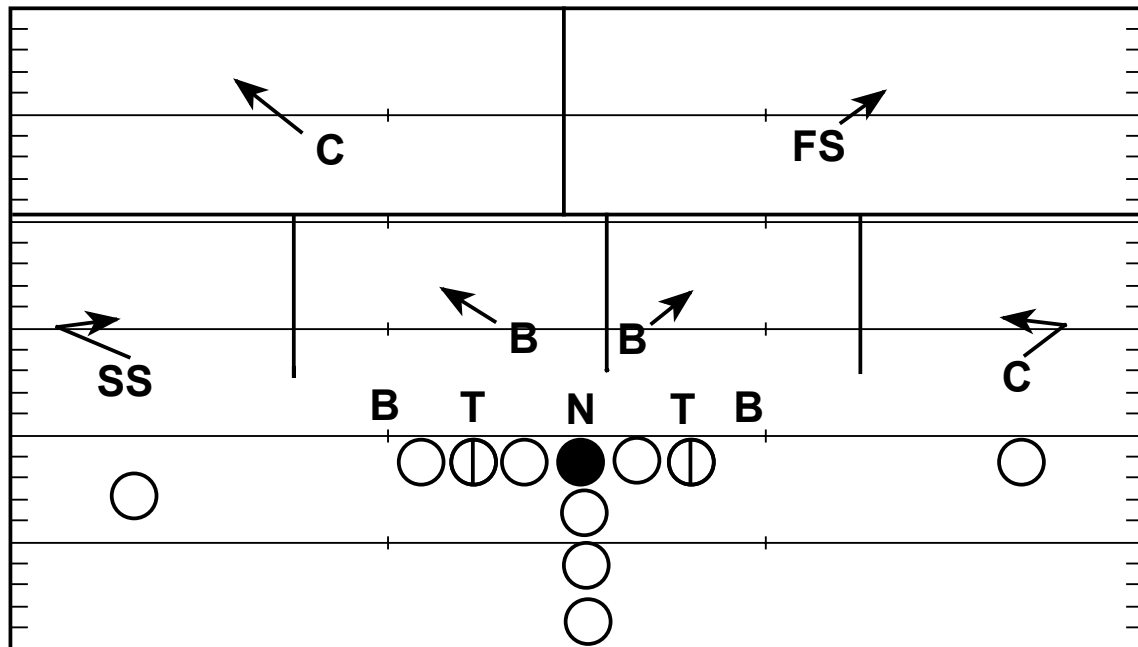
Monster: Strong flat

Will: Weak curl to Back out to flat

Mike: Middle curl to strong side curl

5-2 Fisto

Cover 2



Strong Corner: Deep strong half

Free Safety: Deep weak half

Monster: Press to Flat

Weak Corner: Press to Flat

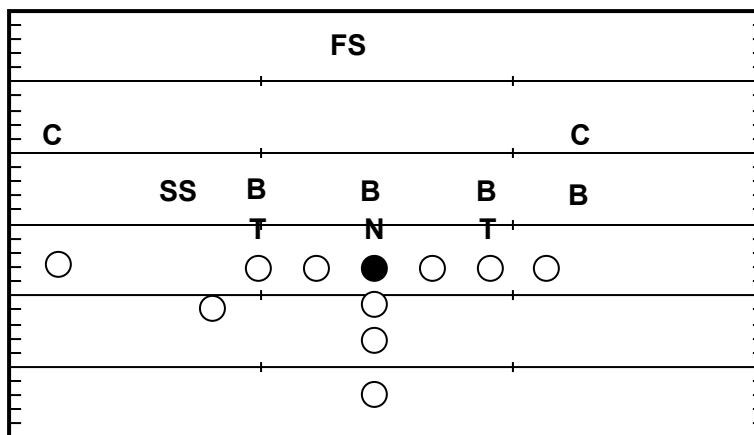
Mike: Strong curl

Will: Weak curl

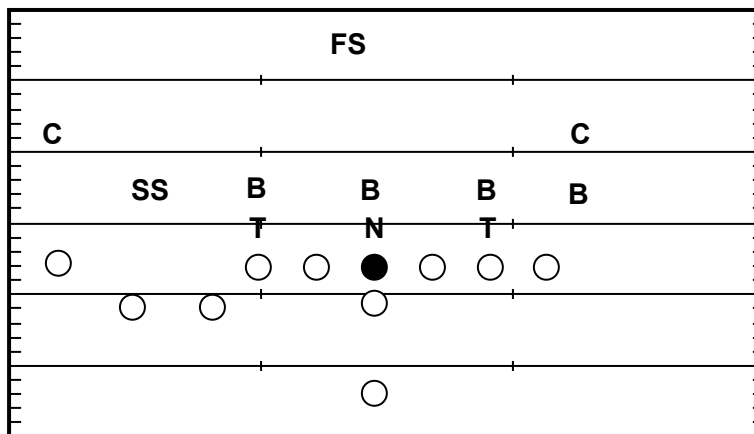
Set Adjustments

The following are adjustments to offensive sets that will vary according to opponent, defensive alignment and blitz packages.

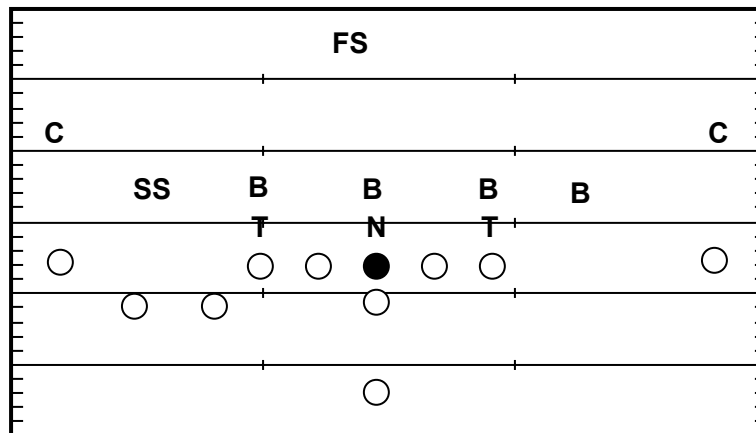
Slot I



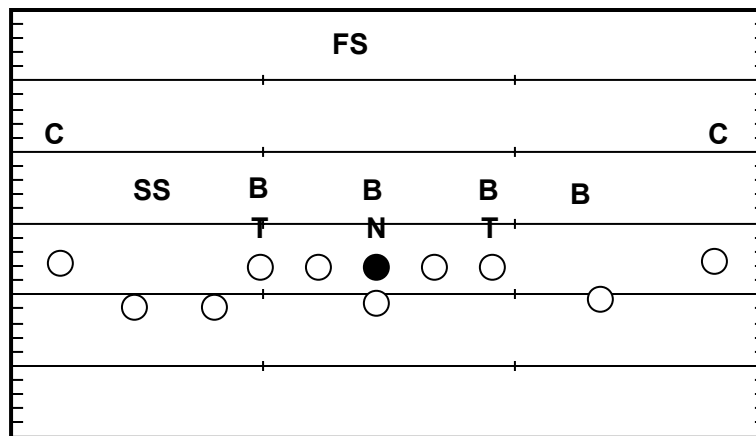
Trips



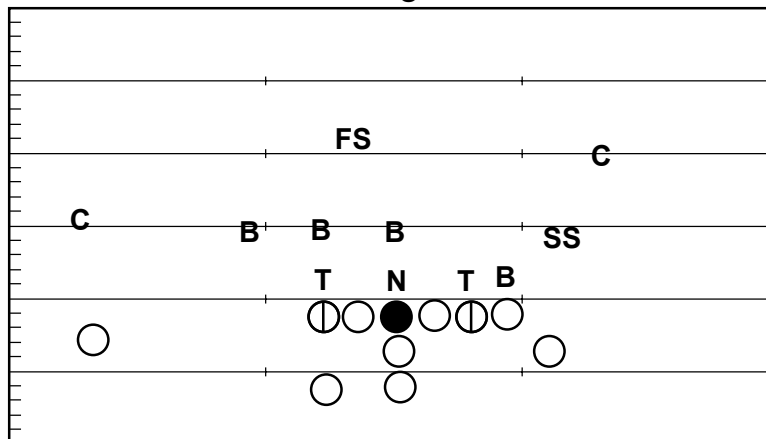
Trips Spread



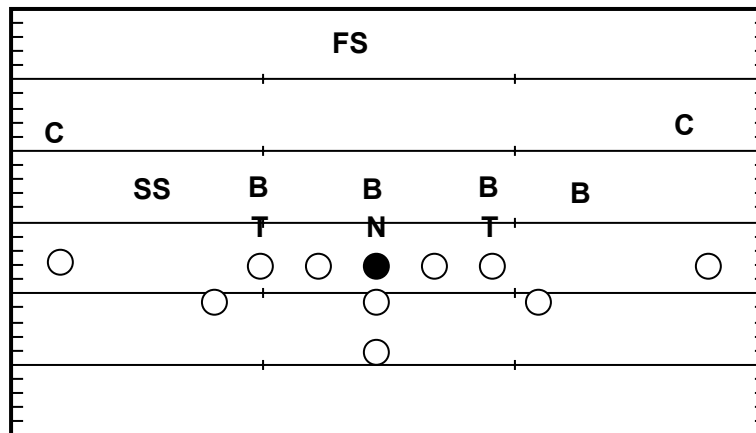
Five Wide



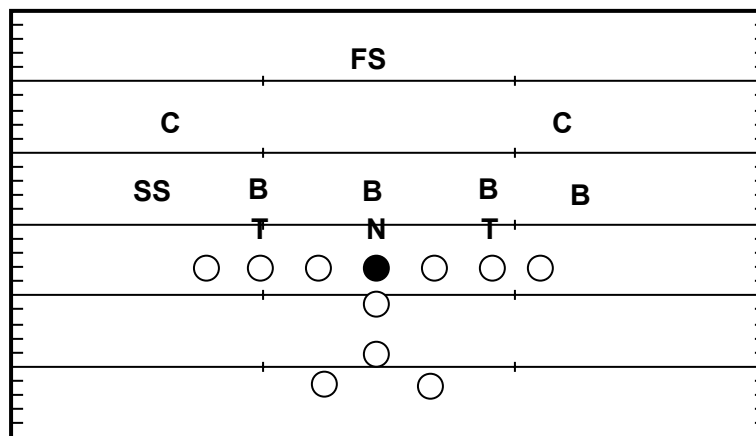
Wing T



Double Slot



Wishbone Power I



Pro Set

