

Orlando Rage Defense

2003-2004

DEFENSIVE LINE

BASE 3-5-3

O O X O O
1 2 3

- 1 Left Defensive End (DE) Head up on the Offensive Tackle
- 2 Defensive Tackle (DT) Head up on the Offensive Center
- 3 Right Defensive End (DE) Head up on the Offensive Tackle

Rip into assign gap. Control assign gap then pursue ball. **DO NOT RUN THROUGH GAPS!!!**

DEFENSIVE LINE CALLS

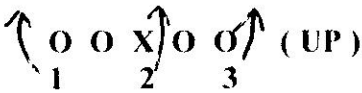
Up – 1,3 C Gap 2 A Gap

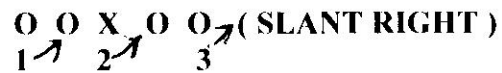
Slant – Right or Left nearest gap depending on call

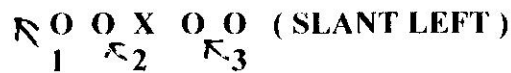
Gap In – 1,2 and 3 nearest inside gap to ball

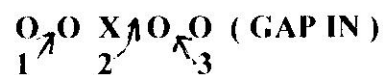
X – Switch responsibility with LineBacker

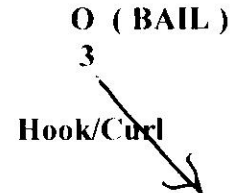
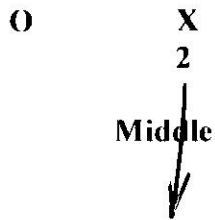
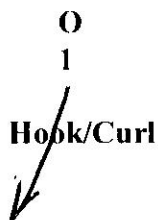
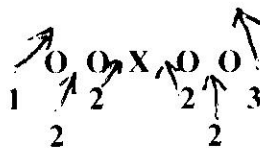
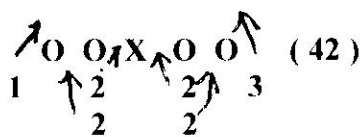
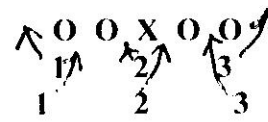
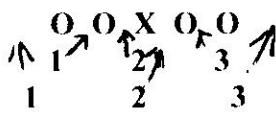
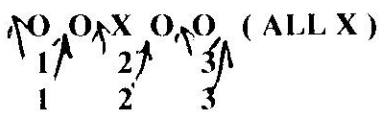
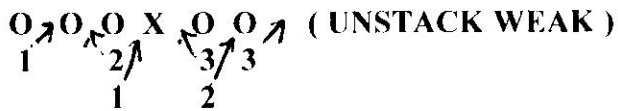
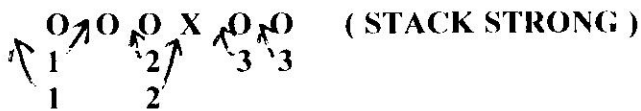
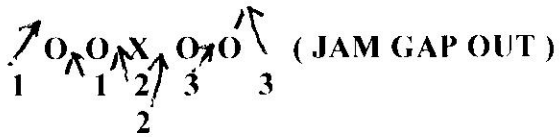
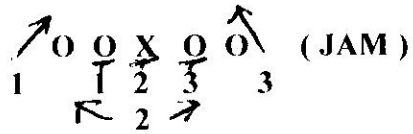
Bail – Drop into Pass Coverage

 **O O X O O (UP)**
1 2 3

 **O O X O O (SLANT RIGHT)**
1 2 3

 **O O X O O (SLANT LEFT)**
1 2 3

 **O O X O O (GAP IN)**
1 2 3



1, 2, 3 LINEBACKERS

O O X O O
1 2 3

1 2 3

Stack behind Defensive Lineman arm length away. Tell Defensive Lineman which direction to go. That is left or right gap.

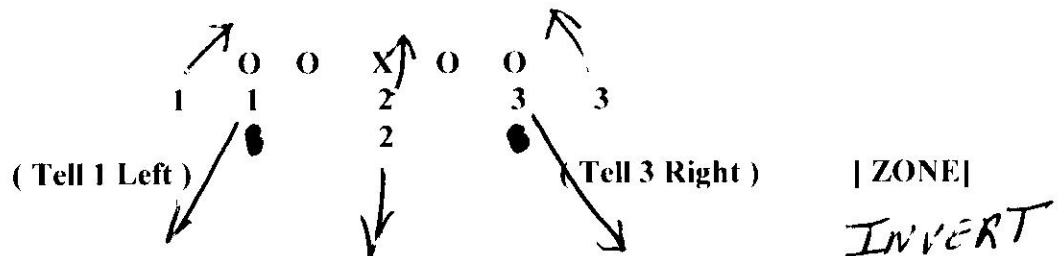
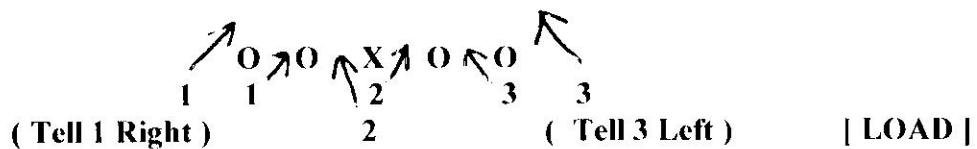
1, 2, 3 LINEBACKERS CALLS

Be familiar with all the Defensive Line calls

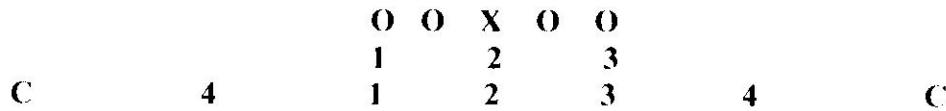
Load - 1 or 3 Linebacker walks up to the Line of Scrimmage, if Tight End is present the 4 Linebacker walks up to the Line of Scrimmage. Rush the passer or attack the running back.

Zone - Walk up to the Line of Scrimmage like in the Load Call. When ball is snap drop back and play your assignment.

You are responsible for telling your Defensive Line Man what to do on each play. That is tell him left or right direction. **DO NOT TAP HIM.** Be sure to give your Defensive Line Man his call. He is expecting you to give him a direction.



4 LINEBACKERS



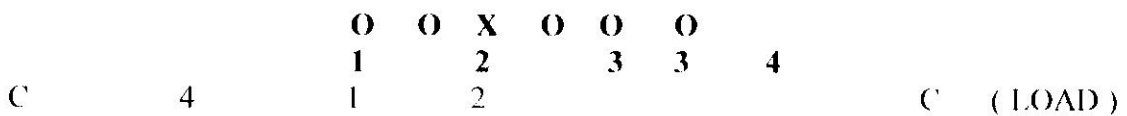
Lineup between 1 Linebacker and Left Corner or 3 Linebacker and Right Corner. You are responsible for outside containment on runs. Flats on Zone coverage and Pitch back on option plays.

4 LINEBACKERS CALLS

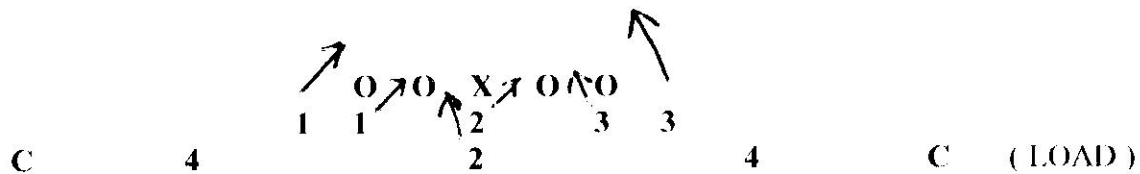
Be familiar with all Defensive Line Calls

Load – Walk up to the Line of Scrimmage only if Tight End is to your side. No Tight End do not walk up. Rush the passer and attack the Running Back.

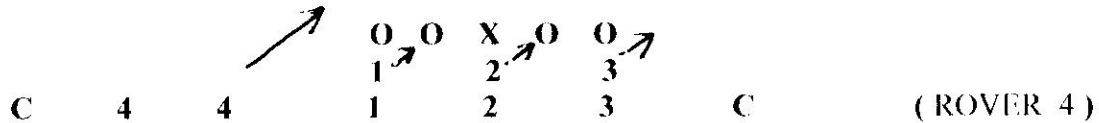
Cover 2 or Cover 4 if you are lined up away from the Tight End then that 4 Linebacker drops back as a Free Safety.



Tight End present walk up to Line of Scrimmage.



No Tight End do not walk up to Line of Scrimmage.



4 Linebackers lineup on same side.

CORNERBACKS

The cornerbacks align themselves 8 to 10 yards from the Line of Scrimmage with an inside shade on the widest receiver to their side. They should be in a two point stance with their inside foot back no further than the instep of their outside foot. On the snap they must push off their front foot and keep the receiver in their peripheral vision, while keying the Offensive Line and Quarterback. Never jump on a Receiver's first outside move. Just ease down and be prepared to plant and attack if the ball is thrown. If the Offensive Line shows run, the Corners come up hard to the outside in run support. If the Offensive Line shows pass, the Corners keep the receiver underneath and cover the deep third zone. The Cornerbacks must keep reading the QB while keeping the receiver in their peripheral vision, and attack the ball when it is thrown. If the receiver goes in motion and / or looks to be blocking down hard to the inside, the Cornerback must yell "CRACK" to alert the 4 Linebacker to be prepare for the crack back block. If a run shows the Cornerbacks must then come up in run support from the outside.

COVER THE PASS FIRST AND THE RUN SECOND

CONTROL YOUR AREA

DO YOUR JOB AND NOT SOME ONE ELSE'S

FREE SAFETY

The Free Safety has the responsibilities of playing Deep Cover Man. The Free Safety alignment is 8 yards off the Line of Scrimmage directly over the Offensive Center. He must be in a 2 point stance, with his power leg forward. On the snap of the ball he will backpedal for two steps as he keys the Center's block. The Center will show run if he fires out or blocks down on the Defensive Tackle. The Center will show pass if he backs up to pass protect. The Free Safety must play the pass first and the run second. This will prevent him from being beaten by the deep pass and falling for the play action pass. He must cover the deep third in cover 3. If he has 2 receivers, that is one down each hash mark, he should work to position himself between the 2 receivers and be able to break to the ball. He must watch the receivers with his peripheral vision while reading the QB. When the ball is thrown, the Free Safety must attack the ball.

COVER THE PASS FIRST AND THE RUN SECOND

READ AND REACT TO YOUR KEYS

DO YOUR JOB AND NOT SOME ONE ELSE'S

Our Cornerbacks and Free Safety (as well as All Defensive Players) must adopt the attitude that in passing situations the ball is being thrown to them and not a receiver. Develop the mentality that the QB is throwing you the ball and aggressively **GO AFTER IT!!!**

Drills For DL, LB

Defensive Line (1, 2, 3)

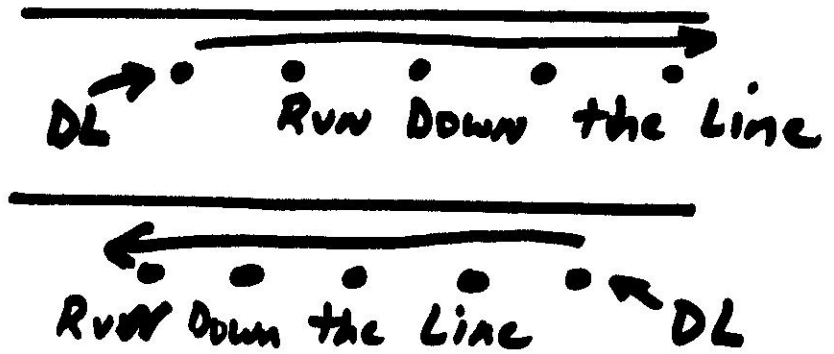
① Slant Right

② Slant Left

③ BASE

④ Rip Right

⑤ Rip Left

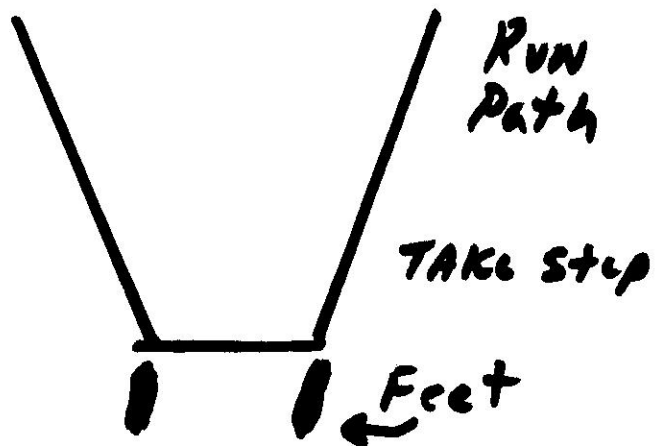


Linebackers (1, 2, 3)

① Proper Steps

② Run Path

③ Shoulder Rolls



Drills for DL, LB

Combinations

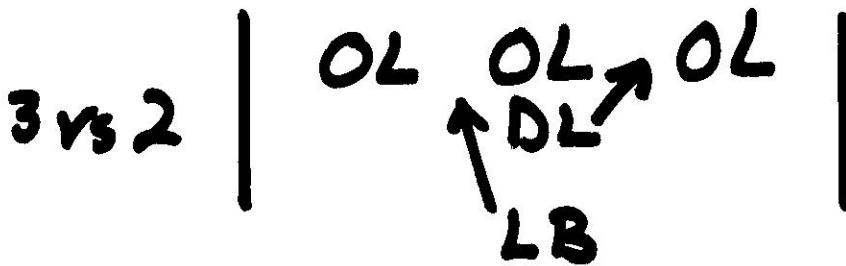


① LB Tell DL which gap to rip to.

② LB controls other gap.

LB: Left
CALLS Right

③ DL and LB do not run up Field. Control gap.
Hammer (BASE)

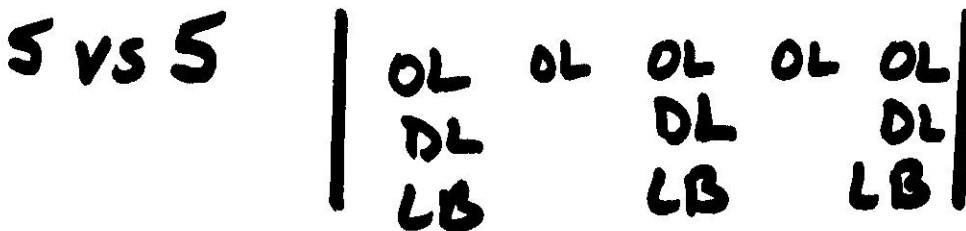


① SAME as 1 vs 2.

② DL and LB must control gaps

LB CALLS: Left
Right
Hammer (BASE)
Slant Right
Slant Left

OL run: Base Block
Double DL
Triple DL
Trap Blocks



OL: Run all inside plays

DL/LB: Run all defensive CALLS